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HALIFAX • TUESDAY, JULY 8, 2008

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Celebrity p/22



Nicole, Keith have baby girl

Truck carrying propane runs off highway

INJURED Highway 104 near Broadway, Pictou County, was closed for several hours yesterday after a transport truck carrying propane went off the highway.

The truck was travelling west on the highway when it went off the road.

The New Glasgow Fire Department HazMat team attended the scene with Fire Services, EHS and officials from the Department of Transportation.

The driver of the truck was transported to hospital in New Glasgow.

RCMP are investigating the cause of the crash.

METRO HALIFAX

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What to do with all those bridge tokens?

Beijing Games page 10



Volleying for a Games spot

Health page 21

Secret to long, gorgeous lashes

Sports page 12

City loses bid to host hockey championship

'A whole new low'

5:30 a.m. start to Chebucto Road widening work angers residents

LINDSAY JONES
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Chebucto Road residents woke up to chainsaws at the crack of dawn as police and a construction crew swooped in at 5:30 a.m. to avoid confrontation.

By 7:30 a.m., workers had cut down the remaining six trees in the path of the city's controversial road-widening project.

"They sneak in like thieves in the night," said Carolyn King, a resident of Chebucto Road. "It's outrageous. That's just about as low as they can possibly go. Everything about this has been pretty damn low, but this takes it all to a whole new low."

The city told residents construction would take place between 7 a.m. and sunset, but decided to start work even earlier yesterday morning after a protest last week. On Friday, police arrested six protesters for public mischief and obstructing police.

More than 40 police officers, at times double the number of bystanders, showed up to the construction area yesterday before 6 a.m.

"(It was) to get in and get the trees cut down as quickly as possible at a time when it was unlikely there would be protesters present or other distracting factors," said police spokesman Const. Jeff Carr, adding police met with city officials Friday to plan the move.

Under city bylaws, no construction can take place between 9 p.m. and 7 a.m. without a special permit approved by council.

David Hubley, who's in charge of city construction, said no law was broken. He did not explain further by deadline.

MORE COVERAGE, PG. 3



Hamide Maskine watches as the tree in front of her house is cut down to make way for the controversial road widening project along Chebucto Road on Monday. Maskine has lived on Chebucto Road for 35 years.

Late-night restaurant fire suspicious: Police

KEY LARGOS Police are investigating a late-night fire at a Sackville restaurant they believe to be suspicious.

Fire officials responded to an alarm at Key Largos at first Lake Drive around 2 a.m. yesterday.

They arrived to find a fire burning inside and the sprinkler system going off. There was no damage visible to the restaurant from the outside yesterday, and most passersby did not know anything

had happened. The only indication was a sign on the door saying they were closed for the day.

But RCMP said there was extensive water damage from the sprinkler system and two areas dam-

aged by fire. The RCMP Forensic Identification Unit and HRM Fire Marshall were investigating the scene yesterday, but so far it has not been deemed arson.

PAUL MCLEOD/METRO HALIFAX

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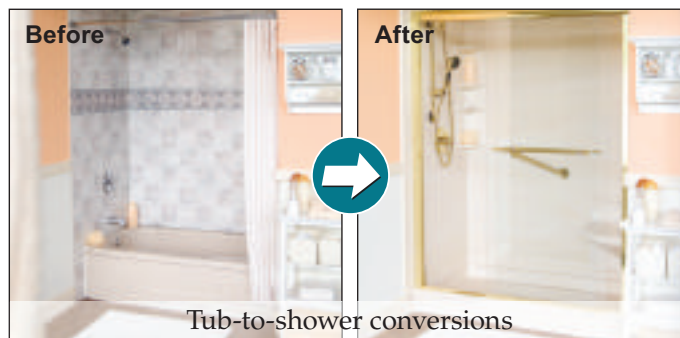
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New world heritage site

Joggins Fossil Cliffs were made Nova Scotia's second world heritage site yesterday. The United Nations Educational, Scientific and Cultural Organization (UNESCO) made the announcement last night. The site boasts the world's most complete record of terrestrial life in the Pennsylvanian Coal Age. **METRO HALIFAX**

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Local



Free cake for 95th anniversary

She's survived two world wars and the Halifax Explosion, and this afternoon, staff of the Maritime Museum of the Atlantic are celebrating the CSS Acadia's 95th anniversary. The Acadia was launched in 1913 at Newcastle upon Tyne, England. There will be free cake for her anniversary between 2 p.m. and 2:30 p.m. at the museum. **METRO HALIFAX**

Three protesters arrested

Chebucto bystanders criticize cops for using too much force

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Yesterday's early start didn't in the end prevent a protest.

Police arrested three people before 7:30 a.m. as workers chopped down six trees to make way for the city's Chebucto Road widening project.

Two men were arrested for breaching the peace.

One was arrested for refusing to move from the middle of an intersection.

Gordon Olsen, who's visiting from Vancouver Island, was arrested after refusing to move away from a tree about to be cut down. Both were later released without charges.

Laena Garrison, who was charged during Friday's protest, was arrested again

"They asked me to get behind the police line and I stood up to move and they pushed me back down on the ground."

Owen Brush

yesterday for breaching an order not to be in the area.

More than 40 police officers, at times double the number of bystanders, arrived before 6 a.m.

"We're here to safely manage both sides of the police lines," Halifax Regional Police Staff Sgt. Sean Auld said.

"Members of the public safety unit acted with restraint and just by the low number of arrests compared to persons here, I think they did a good job."

One cop pushed a photographer covering the event and bystanders criticized police for having too heavy of a presence and for using too much force.



Halifax Regional Police officers arrest Chebucto Road protester Gordon Olsen yesterday. Olsen, of Vancouver Island, was arrested for breaching the peace. He was later released without charges.

tographer covering the event and bystanders criticized police for having too heavy of a presence and for using too much force.

Owen Brush, who was not arrested, arrived at 6 a.m. to witness the trees being cut down.

'Keepsake' trees going to residents

Chebucto Road residents will get to keep their fallen trees.

City spokeswoman Deborah Story says residents were promised the trees as keepsakes, an agreement that hadn't reached police by yesterday morning.

She said the trees are being stored in Cowie Hill.

Yesterday, confusion turned to tension as some people argued with police over the fate of the fallen trees.

LINDSAY JONES/METRO HALIFAX

can push you, shove you, do whatever they want."

Olsen said the project tarnishes his view of the city.

"It's right up there with all the condoms and tampons in the North West Arm," he said prior to his arrest.

Crackdown hurts charities

ILLEGAL A provincial law to crack down on panhandling has also kept local charities from fundraising. Now The Parker St. Furniture Bank is hoping to find a way to get back to the streets.

Last fall the province made it illegal to stand on the side of the road asking for money. This put a halt to the Furniture Bank's popular biannual fundraiser involving volunteers standing at the corner of Bayers and Connaught.

"It was a big boost to us. Now we have to look for other methods to take its place," said Furniture Bank director Mel Boutilier. "It's part of our budget. We need that to carry on the work we're doing."

The province advised Boutilier their approach would be illegal under the new laws. Though the legislation did allow for a loophole for charities under municipal bylaws, Halifax doesn't yet have such a bylaw.

Coun. Andrew Younger is looking to correct that by getting the issue into today's council agenda.

PAUL MCLEOD/METRO HALIFAX

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Different approaches to phasing out bridge tokens

Saint John turns to schools, Halifax mulls use in art college projects

JENNIFER TAPLIN
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Halifax is still wondering what to do with its bridge tokens but another Maritime city has come up with a creative solution.

Saint John is giving its obsolete coins to St. Stephen schools to use in elementary math classes.

Both cities have discontinued use of bridge tokens and switched to more efficient and cost-effective methods of toll-taking.

"It was unique and it's something that every class will be using every year," said Ken Anthony, general manager of the Saint John Harbour Bridge Authority.

Saint John's 250,000 tokens are now awaiting cleaning before they're used as counters in schools next fall.

But Alison MacDonald with the Halifax-Dartmouth Bridge Commission said that idea just wouldn't work here.

"We're not sure the schools will want two million tokens," she said.

Instead they've asked the Nova Scotia College of Art and Design if some of the tokens could be used for student art projects.

"And there is a considerable amount of metal of value in each token — much less than 60 cents they're worth to cross the bridges — but another option we're looking at is recycling the metal," she said.

The coins, the newest of which are 15 years old,



Alison MacDonald, communications manager with the Halifax-Dartmouth Bridge Commission, holds a token in front of the Macdonald Bridge toll booth on Friday. The Bridge Commission has two million tokens and they're trying to figure out what to do with them.

are made of copper and zinc.

Until the end of the month, the tokens can be refunded — but not used at the bridges — or donated to Feed Nova Scotia. They will tally the donated tokens on July 25th.

"A lot of them are still in circulation but we have a

"They'll have no cash value after August 1st, but it's for a little bit of history."

Alison MacDonald

special room, a vault so to speak, they get stored in," she said.

MacDonald said she expects people to keep some

as souvenirs, since tokens have been around for over 40 years.

"They'll have no cash value after August 1st, but it's

for a little bit of history."

Halifax was one of the last toll facilities in North America to accept tokens. They finally made the switch because the electronic MACPASS was more efficient in keeping the traffic flowing while lowering fuel and carbon dioxide output.

Know thy token

THE RISE OF THE TOKEN:

- The Angus L. Macdonald Bridge opens in 1955.
- The A. Murray MacKay opens in 1970.
- Tokens introduced as a payment method in 1967 to replace tickets.
- The last time the Halifax-Dartmouth Bridge Commission purchased tokens was around 15 years ago because of MACPASS popularity.
- Tokens were purchased from the Canadian Mint and Lombardo Mint.
- At the end of 2007 53% of customers used MACPASS, 29% used cash and 18% used tokens.
- The cost to cross the harbour bridges has not changed since 1992: it's 60 cents per vehicle with a MACPASS and 75 cents for cash.

THE DEMISE OF THE TOKEN:

- January 2007 — the Nova Scotia Utility and Review Board approved the elimination of tokens
- April 1, 2008 — tokens no longer being sold
- May 1, 2008 — tokens not accepted as payment for crossing the bridges
- August 1, 2008 — tokens will no longer be refunded and tokens will have no monetary value.

REFUNDS

Until Aug. 1st tokens can be refunded in three ways:

- In open service lanes (two sealed \$15 bags or three sealed \$9 bags)
- At the control rooms of either bridge (which is open 8 a.m.–8 p.m.)
- Or at the MACPASS Customer Service Centre during regular business hours (8:30 a.m. — 5:30 p.m.)
- Tokens can also be applied to a MACPASS account.
- Tokens for buses can only be handled in the MACPASS Customer Service Centre
- Loose tokens can only be refunded at MACPASS Customer Service Centre or the control rooms of either bridge.

MACPASS IMPACT:

- A 2005 traffic impact assessment showed the MACPASS was making an impact:
- 81,400 hours/year of peak hour travel time savings across the bridges
- An estimated yearly increase of 200,000–280,000 peak hour trips across both bridges as a direct result of the MACPASS
- The reduction of fuel consumption by 484,000 litres
- The reduction of carbon dioxide by 1,160 tonnes during peak hours throughout the year

Fiddler's EBay auction ends

ONLINE Ashley MacIsaac's \$1.5-million EBay auction has been terminated. The listing ended Friday, July 4, three days before the auction was scheduled to end. In an e-mail to Metro Halifax, the Cape Breton fiddler said he couldn't say more because of "confidentiality issues." MacIsaac made national headlines by offering to auction off 50 per cent of his future earnings for the rest of his life. Last week, he had one bidder, who he claimed was likely a Calgarian in the real-estate business.

METRO HALIFAX

Drug dealer's wife fined, sentenced

COURT Melanie Jane Stephen, married to convicted drug dealer and pot activist Michael Patriquen, has been fined \$5,000 and sentenced to 18 months' conditional sentence for benefiting from Patriquen's drug trafficking and money laundering.

In a recent Nova Scotia Supreme Court decision, Justice Felix Cacchione rules the offences were not motivated on

Stephen's part by a "desire to make money without having to work for it."

She was employed, but was lulled into living a lifestyle that was beyond her legitimate means, he said.

Patriquen was given a three-year custodial sentence concurrent to the six years he was serving for a marijuana-trafficking operation.

METRO HALIFAX

News in brief

AIRPORT Revitalizing the Debert Airport took flight Friday with more than \$300,000 of provincial money earmarked for three projects. The province announced \$15,000 for a business plan and \$250,000 to implement needed upgrades the plan identifies. It is also providing \$57,000 for archeological assessments to locate and preserve any Mi'kmaq artifacts located around the airport.

METRO HALIFAX

HEARING Despite concerns that holding the public hearing the evening before Canada Day would discourage people from attending, Kings County council

chambers were packed to capacity with some spill over into the hallway. People were on hand to have their say in the matter of the proposed rezoning of farmland by Dykeview and Riverbrook Farms from Agricultural (A1) to Residential Comprehensive Development District (RCDD). **METRO HALIFAX**

JOBS School's out and many young Cape Breton students are now feeling the crunch to get some kind of summer employment. Ready to help them in that job search is staff at five Service Canada Centre for Youth offices on the island.

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That tasty-looking wild mushroom could kill you, warns the IWK Regional Poison Centre. It's asking the public to stay away from the more than 2,000 different species of wild mushrooms, because it's hard to distinguish between the edible and the dangerous. For treatment advice, call 470-8161. **METRO HALIFAX**

Mushrooms gone wild ... and dangerous

NDP unveils heating strategy

Dexter proposes low- or no-interest loans for home energy saving renovations

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The NDP unveiled their home heating plan yesterday, but Conserve Nova Scotia said it's definitely not new.

Opposition Leader Darrell Dexter held a press conference yesterday in Molly Austen's backyard in Halifax. The 84-year-old senior is facing a \$565 a month heating bill and she's wondering how she'll be able to afford it.

"It just means there's less money for other things. Even though we don't live luxuriously," she laughed. "The money will have to be found somewhere."

Dexter said he wants to offer interest-free or low-interest loans to homeowners so they can put in insulation or other energy-

"(Conserve Nova Scotia is) working with a provincewide financial institution on a low-interest loan program."

Conserve Nova Scotia's Karen White on how it's current actions mirror the NDP plan

saving renovations.

With oil prices reaching new heights all the time, Dexter said the government has no time to waste.

"We're talking about increases in cost that are so significant that we're hearing — even now on what is literally one of the hottest days of the summer so far — about people who are concerned about what's going to happen when they turn the furnace back on in September."

It's an \$8 million to \$9 million multi-year program, he said. In theory, low-income homeowners will be able to pay back in-

terest-free loans from the savings in their energy bills.

Dexter said he also wants to cut home audit fees to \$50.

Karen White, a spokeswoman for Conserve Nova Scotia, said they're already doing everything laid out in the NDP plan.

"We're working with a provincewide financial institution on a low-interest loan program," she said, although she wouldn't name the financial institution.

It hasn't been announced yet, but the loan program will be launched



Molly Austen shows her latest heating oil bill to the media in the backyard of her Halifax home. She now pays \$565 a month to heat her home. NDP Leader Darrell Dexter held a press conference at her house to announce his home heating plan yesterday.

in the next couple of months, she added.

As for the audits, the

government subsidizes two-thirds of the cost to make it \$150 for the home-

owner, and pays for the total amount for low-income families.

Waterfront Wave runners



Alex Isenor and Lenora Howell run up "the wave" on the Halifax waterfront yesterday afternoon. Neither quite made it to the top, though Isenor blamed a leg injury.

News in brief

TAXES To say Eddie Hollingsworth was surprised to recently learn he owed the federal government money from 16 years ago would be an understatement. "I'm pretty much at a loss for words to describe how I feel," said the Onslow Mountain resident. Hollingsworth found out he

owed the money after taking his taxes to H&R Block in April. He was informed the business couldn't do his taxes because of an overpayment of \$225 from 1992. The news came as a complete surprise to Hollingsworth who had never received any notification he owed money to the federal

government.

MARKET A Lower Truro man has an idea to put Truro on the map. Barton Cutten would like to see Inglis Place closed to vehicular traffic on Saturday mornings to allow the farmers' market to host its weekly bazaar on the busy downtown

street. Cutten said, "It seemed like a good idea. It's unique." While Cutten, who has no affiliation with the market, admits there is nothing wrong with the current site, he believes the idea has merit. But there is no intention from the farmers' market board to make such a move.

METRO HALIFAX

Residents butt heads with MLA over paving

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loophole?

A group of Enfield residents want their road paved, but they say their MLA, who lives on their street, is pulling strings to stop the project.

Esther Hopkins, who lives at 720 Monte Vista Rd., said the neighbourhood group has been trying to get the road paved for the past five years.

"This has been a safety issue since day one," she said.

In winter the road is pitted with potholes, and Hopkins said school bus drivers have even stopped venturing down the street.

New Democrat MLA John MacDonnell and his brother Joseph MacDonnell, a municipal solicitor, own six properties between them on the road. They don't want it paved.

Almost 70 per cent of residents voted for paving in a referendum last winter, but Hants County council ordered a re-vote after a new legal opinion revealed each person listed on a property deed can vote rather than the traditional one vote per property. The MacDonnells added about 80 extra names to the "No paving" side of the referendum by adding dozens of friends and fami-

New Democrat MLA John MacDonnell told the National Post adding names to the deeds on his and his brother's six properties, garnering extra votes on the paving issue, was a loophole the community group didn't see, and the brothers did nothing wrong.

ly to their six property deeds.

The Hants East MLA refused requests for a phone interview yesterday and by press time had not answered a list of questions e-mailed to him.

Ellen Farrell, who also lives on the road, called the MacDonnells' behaviour "clearly unethical."

She said it's also surprising, because MacDonnell advocated in legislature for the road to be considered for a provincial cost-sharing program.

Residents agreed to pay 40 per cent — about \$4,700 each over 15 years. Hants County and the province were to pick up the rest.

Area Coun. Steven Helpard said the process used in the Monte Vista Road case creates an "unfair evaluation" of a project, and he hopes it will change the petitioning process.

Health Agency seeks to calm salmonella scare

The Public Health Agency tried to alleviate fears yesterday over a contaminated foodstuff that was found to be behind a U.S. outbreak of salmonella. Four Canadians have fallen ill since returning from the U.S. and the Public Health office insists the foodstuff is not distributed here. **METRO CANADA**

7

Canada



Canadian soldier killed by blast

A Canadian military medic who lobbied hard to be sent to Afghanistan was killed by an explosion early Sunday near the city of Kandahar. Pte. Colin William Wilmot, left, died after a bomb exploded while he was on overnight foot patrol with troops from the Princess Patricia's Canadian Light Infantry in the Panjwaii district.

G8 to call for sanctions on Zimbabwe

ELECTION Prime Minister Stephen Harper and other G8 leaders are poised to call for tougher sanctions against Zimbabwe after bluntly telling African leaders in Japan that they should move immediately



to put an end to the "illegitimate" government of President Robert Mugabe. The G8, expressed their outrage at a closed-door meeting with the leaders of South Africa, Senegal, Tanzania, Ghana and several other African countries.

Harper and other leaders made it clear that African countries should not tolerate a Mugabe government and that doing so might hurt the continent's ability to receive aid money from industrialized nations.

Tanzanian President Jakaya Kikwete, who is also head of the African Union, told U.S. President George W. Bush, "I want to assure you that the concerns that you have expressed are indeed the concerns of many of us in the African continent."

"The only area that we may differ is on the way forward. You see differently but for us in Africa we see differently, but I think again there is still room for us for discussions."

Kikwete, who has called for a unity government in Zimbabwe, said discussions would continue.

TORSTAR NEWS SERVICE

Canada seen as a barrier

Oxfam says Harper standing in way of world progress

Canada is being accused by humanitarian groups here of acting as a barrier to progress on such major issues as the world food shortage, climate change and aid to Africa.

Oxfam International, the charity and advocacy group, accused Stephen Harper's Conservative government of trying in the closed-door talks to weaken a major effort by G8 leaders meeting here to step up support for health programs in Africa.

Rather than a firm G8 re-commitment to spend \$60 billion over several years to fight HIV/AIDS, malaria and other diseases in Africa, Canada is trying to ensure that the G8's final communiqué refers to these measures only as a recommendation, according to Oxfam spokesperson Max Lawson and other



Prime Minister Stephen Harper and his wife Laureen wave to kindergarten children after they attended the Canada-Japan Youth Environment Summit on the first day of the G8 Summit in Japan.

activists here.

The pledge was originally made at last year's summit in Germany.

"A number of countries are trying to water down

that language...we're very concerned about the Canadians in particular," Lawson told reporters during the first day of this year's summit in northern Japan.

Truscott awarded compensation

Steven Truscott's 49-year legal nightmare is finally over thanks to a \$6.5 million compensation cheque from the Ontario government.

Attorney General Chris Bentley announced yesterday that Truscott, 63, would receive the payout from the province almost a half century after being convicted of a murder he did not commit.

In a joint statement from their home in Guelph, Truscott and his wife Marlene said "this is a bitter-sweet moment for us," and said his name was now



Attorney General Chris Bentley

cleared. "When we began this journey more than a decade ago, we thought only of exonerating Steven — the possibility of compensation never entered our minds," the couple

6.5 Stephen Truscott was awarded \$6.5 million in compensation by Ontario.

said.

Sentenced to hang in 1959 at age 14 for the sex killing of his 12-year-old school chum Lynne Harper, Truscott has spent most of his life fighting to clear his name. Last August, the Ontario Court of Appeal quashed his conviction and acquitted him, ruling it a "miscarriage of justice."

TORSTAR NEWS SERVICE

On climate change, Harper continues to say here that it is useless for G8 leaders to sign on to mandatory targets for reducing carbon emissions unless China, India and other emerging economies do likewise.

This position, shared by U.S. President George W. Bush, could have the affect of delaying coordinated international action to fight global warming because newly developed nations want the industrialized countries that created the bulk of greenhouse gas emissions to set an example in making sacrifices first.

"Basically, Canada is not playing a constructive role," said Dennis Howlett of Make Poverty History.

The summit is slated to turn its focus to Iran's nuclear ambitions today.

TORSTAR NEWS SERVICE

Terror trial looks at Ottawa house

WEAPONS Mohammad Momin Khawaja's Ottawa-area home was bristling with weapons, crates of ammunitions, electronics of all sorts, hundred dollar bills and books dedicated to terrorism, according to evidence presented at his trial yesterday.

The 29-year-old Khawaja faces seven terror related charges, including allegedly building a detonator that was to be used in an Al Qaeda bomb plot in London that was and resulted in five men convicted of the plot. **TORSTAR NEWS SERVICE**

News in brief

EDMONTON Liberal Leader Stéphane Dion's carbon-tax plan got a friendly pass in the court of public opinion in Edmonton yesterday but about 400 people and the oil town's "who's who" of the local left wing showed up to question him on everything from renewable energy to electric cars.

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Money Matters columnist Henry Choo Chong says you should consider the new Tax Free Savings Account (TFSA) from the February's budgetary proposal that may provide an alternative to RRSPs when trying to purchase a new home. Check metronews.ca for this week's full column.



Your Money

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If you are like most of our friends, we are willing to bet that you know all of the latest celebrity gossip. And you likely even know exactly what the last bid was on that purse you've been eyeing on eBay. But when it comes to your credit score, what do you know?

This powerful number is way more significant to your everyday life than you might think. It has a direct impact on your ability to take out a mortgage and apply for credit cards or other loans.

But most importantly this number determines the amount of interest you'll pay on all of

these products. The higher your FICO score, the more money you'll save yourself. For example, someone with a score above 760 could literally pay thousands of dollars less per year in interest on their mortgage, than someone whose score is below 620.

Credit scores range from 300 to 850. Here's how a credit score is broken down:

- 35 per cent = payment history
- 30 per cent = amounts owed on each account
- 15 per cent = length of credit

length of credit (how long you've had the accounts)

- 10 percent = new credit (new accounts opened or inquiries made for more credit)

- 10 percent = types of credit in use (e.g. credit card, department store, mortgage, or school loans)

And here's how you can keep your score high:

Payment History

Make your monthly payments on time. If you are having trouble keeping up with payments, notify your lender and work out an arrangement. Next, as soon as possible get current on any past due accounts.

Amounts Owed

Keep your total balance at 35 per cent, or less, of your total credit available. Also, you need to know that opening new credit cards or lines of credit just to make your outstanding balances look smaller in relation to your total credit capacity won't help; in fact, it could actually hurt you if you rack up more debt on those accounts.

Length of Credit

Consider keeping old accounts open if you've been a good borrower. Closing an account actually erases your good payment history from your report. It's better to cut up the card but leave the account open.

New Credit Category

When shopping for new credit, keep the search to a short time frame — aim for 14 days or less. FICO scores

The higher your FICO score, the more money you'll save yourself.

distinguish between a search for a single loan and a search for several new sources of credit, in part by the length of time over which the inquiries occur.

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If you have questions for the Smart Cookies or want to share your confessions, e-mail smartcookies@metronews.com.

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Reading material. Free Bibles in both English and Chinese, bearing the Beijing Olympic logo, will be available to athletes and tourists at next month's Games, state media reported yesterday. **REUTERS**

Beijing Games

Former champ fails to make team

GYMNASTICS Two-time former Olympic champion Elena Zamoletchikova will not compete in the Games after failing to make the Russian gymnastics squad.

Zamoletchikova, 25, who won two gold medals in 2000 and a team bronze four years later, gave a disappointing performance at the championships in Russia. She finished 12th in the all-around competition and failed to make the final in any of the four individual events. **REUTERS**

China restricting media, report says

FREE SPEECH A month before the Olympics, China continues to severely breach its pledge to allow full media freedoms, harassing and restricting foreign journalists in Tibet and elsewhere, Human Rights Watch said in a new report yesterday.

As part of Beijing's bid to host the Games, it promised temporary regulations to allow complete media freedoms.

Around 25,000 foreign journalists are expected to cover the Games. **REUTERS**

Bank to drop Mao from new notes

MONEY. China's central bank will drop former leader Mao Zedong's face from six million new 10-yuan notes to mark the Olympic Games.

One side of the note features the National Stadium, or Bird's Nest, in north Beijing, the main venue for the Games. The capital's historic Temple of Heaven public park is a backdrop.

The reverse side features an ancient Greek marble statue of a discus-thrower, Discobolus, portraits of athletes and the numeral 2008, the bank said. **REUTERS**

Tomorrow's lineup

IN HER GENES. Growing up in Trail, B.C., there was little for Lauren Bay to do besides play sports. She played many, but it was in the ballpark with her older brother Jason that she found her true calling. Pick up tomorrow's Metro for more.

30 days remain until the official start of the 2008 Summer Olympic Games in Beijing.

Cooke's 'second wind'

Former indoor volleyball player looks Beijing

JOHN CHICK
Metro Canada

Take a look at your nearest beach on any given summer evening and it won't be too hard to find a group of thirty-somethings playing beer-league beach volleyball. While many of them may have had a background in the sport, it's unlikely any of them are heading to the Olympic Games in the future.

Yet, that's exactly where Dana Cooke is poised to be headed, pending the outcome of a qualification tournament in France this week.

The 33-year-old Cooke and partner Annie Martin have spent the last month travelling Europe, going from tournament to tournament in an effort to secure a spot in Beijing. Had you asked Cooke two years ago if she thought she'd be in this position, the answer would have been no.

"It was just a ridiculous thought to me, that I had virtually no beach experience besides tournaments on the OVA tour for fun and the usual bar leagues in the summer," says Cooke about her relatively recent foray into the beach game. "Actually I didn't like it at all ... I felt the game was not powerful and that few players really hit. I didn't understand all this cut-shot, roll shot and pokey stuff."

But like any athlete can tell you, while the game may change, it never leaves you. Cooke is far from a volleyball neophyte. As an indoor player she was a standout high schooler in suburban Toronto, parlaying that into an NCAA scholarship at Michigan State. As the program rose from the cellar, she helped lead the Spartans to two Big Ten Championships and a Final Four appearance. After that it was a professional indoor volleyball career in Holland, an experience she wouldn't have traded for anything.

"It won't make you crazy rich, but I had great times both on and off the court," she says. "Living in



Annie Martin, left, and Dana Cooke in action.

Europe, getting paid to play a sport — what a life!"

Cooke came home to coach the McMaster University men's team for two seasons before returning to Europe, but it wasn't until 2006 that her current path came into focus. While attending — out of curiosity — an identification-selection camp for the Canadian National Beach Volleyball Team, she was approached by Martin and her coach Vincent Larivee.

"I thought, 'What a great opportunity to get three days of training and playing with Canada's best,'" says Cooke. "I didn't foresee being approached by Annie's coach on day two and [him] asking me if I would like to be her partner and try to make a go of it for the Olympics. All I could do was laugh — and I did, out loud."

Despite our reputation as a winter-centric sports nation, Canada has a decent track record in the short history of Olympic beach volleyball — Mark Heese and John Child brought home bronze in the men's event in 1996 — and Cooke has embraced the opportunity.

"Being a beach player is a lifestyle," she says. "You have to love it to face the challenges that are constantly put in front of you regarding travel, funding and just competing at this world level."

A "second wind" is a perfect way to describe it, explains Cooke. "I was very fortunate and I feel it's a 'right place, right time' moment."

Facts

NAME: Dana Cooke
HOMETOWN: Burlington, ON
BIRTHDATE: Aug. 13, 1974
HEIGHT: 6'
SPORT: Beach volleyball
FAVOURITE MOVIE: Princess Bride

Wrigley possible venue for NHL game

The Minneapolis Star Tribune is reporting that the Chicago Blackhawks and Detroit Red Wings will play at Wrigley Field on New Year's Day in the league's second outdoor Winter Classic. **METRO NEWS SERVICES**

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Sports

"Whoever wins the French Open and Wimbledon in the same year for me is the No. 1 in the world."

Tennis legend Boris Becker on the fact Rafael Nadal still trails Roger Federer, whom he beat to win the French Open and Wimbledon, in the world rankings.

Umberger signs

The Columbus Blue Jackets inked forward R.J. Umberger, left, to a four-year contract yesterday. They acquired Umberger in a trade with the Flyers.



Cubs targeting Burnett, Harden

Either Canadian **Rich Harden** or the Blue Jays' **A.J. Burnett** will soon join the Chicago Cubs' pitching rotation.

That was the word to Metro yesterday from MLB sources, who revealed that the Cubs are involved in intense trade talks with the Oakland A's for Harden and the Jays for Burnett.

"The Cubs are livid because they thought they had a deal lined up for the pitcher they wanted most, (**C.C. Sabathia**)," a source said. "But the (Cleveland) Indians went and traded the guy to the Cubs' main division and geographic rival (the Milwaukee Brewers) and so they've decided they absolutely must have Harden or Burnett."

Harden, a B.C. native, has been deemed expendable by the A's because he is due next season for a huge raise that they've decided they can't afford. The Jays, who languish in the cellar of the AL East, have deemed Burnett expendable because of his inconsistency and because the Jays are seeking to strengthen themselves at non-pitching positions.

• The Jays, incidentally, are fifth best in the major leagues in team earned-run average and yet they're virtually out of contention already because of their offensive ineptitude.

They have only seven wins this season in games when their opponents scored first.

Sportsnet's **Rance Mulliniks**, who picked the Jays to win the World Series before the season opened, now suggests the team is "not mentally tough enough."

• Before the CFL season, I suggested Montreal quarterback **Anthony Calville** and the rest of the Alouettes would be lousy. Well, they've excelled, and they're 2-0.

Similarly, I figured the Saskatchewan Roughriders would plummet this sea-

YorkReport

Marty York

marty.york@metronews.ca



son, but they too are 2-0, and dozens of Riders Priders have been emailing me with questions about my sanity.

Ah, well. It's still early in the CFL season.

Mulliniks can't say that about the MLB season.

• Two ex-Argonauts are telling friends they'll be seeking revenge Thursday night, when Toronto visits Edmonton.

Both defensive halfback **Jordan Younger** and kicker **Noel Prefontaine** feel they were treated unprofessionally when the Argos traded them to Edmonton in the off-season.

• Saskatchewan general manager **Eric Tillman** called **Bob Ackles**, "The most important person in the B.C. Lions' history." I'll take it a step further. He may have been the CFL's most important.

Even this year, at 69, Ackles campaigned vehemently and vociferously against any possible notions the NFL has had about coming into Canada.

He suggested the NFL's invasion to Toronto would be the death of the CFL.

I first met Bob in 1979, when I was a kid reporter for The Globe and Mail. We had our differences, but he consistently showed class and even insisted on occasion that I be his house guest during some of my travels.

Bob's story — from water boy with the Lions to club president — is legendary. His death Sunday, caused by a heart attack, jolted the CFL. The league will miss his leadership.

Marty York has been a groundbreaking sports columnist and broadcaster in Canada for decades.

Bertuzzi joins Flames

Iginla played key role in signing forward

LAURENCE HEINEN
for Metro Halifax

Jarome Iginla gave the newest member of the Flames a ringing endorsement yesterday after Calgary signed Todd Bertuzzi to a one-year deal.

"When I saw that Todd was going to be a free agent, I thought he'd be a great fit in Calgary," said the Calgary captain. "I've admired him for a lot of years, his on-ice game. He was a very tough guy to play against, a tough competitor."

Iginla, who played with Bertuzzi on Canada's Olympic men's team in 2006, even hinted that he'd like to play on a line with the 6-foot-3, 231-pound power forward.

"I'm very excited he's going to join our club and hopefully get a chance to play with him," Iginla said. "I think we can do some good things."

Before signing the \$1.95 million US deal, Bertuzzi talked with Iginla about the opportunity to play for the Flames.

"Jarome is 100 per cent why I'm a Calgary Flame,"

said Bertuzzi, noting that Iginla gave glowing reports about the organization and the city. "It's a great Canadian market. They're passionate about their hockey and I'm excited to come there."

Calgary general manager Darryl Sutter said Iginla's endorsement of Bertuzzi was a big reason why the Flames decided to sign the 33-year-old native of Sudbury, Ont.

"I talk to our captain lots about a lot of players and the one player that he identified more than anybody if we were going to add a veteran player was Bertuzzi," said Sutter, who liked the fact that Bertuzzi was willing to accept a one-year deal. "At the end of the day, the money worked so that's probably why it was a good fit."

Bertuzzi, who scored 46 goals and added 51 assists in 82 games with the Vancouver Canucks in the 2002-03 season, said he's looking forward to returning to a Canadian team after stops in Florida, Detroit and Ana-

heim.

"I played my best hockey when I was in Canada under the microscope and under the pressure," Bertuzzi said. "Calgary's given me an opportunity to come in and to get some ice time and play. I still think that I can

get back up there and contribute with what they need."

Bertuzzi is perhaps best known for being suspended in 2004 after cross-checking Steve Moore from behind and breaking the Colorado Avalanche forward's neck.

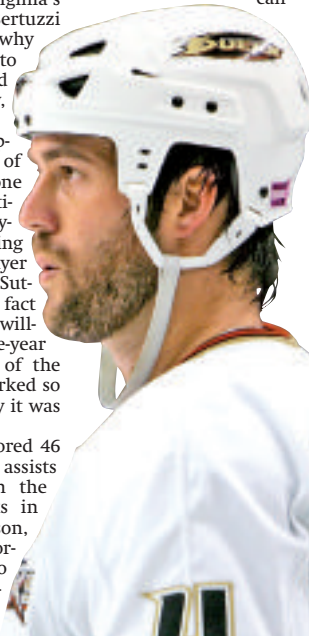
"I think it's a long time ago," Sutter said. "It's like, I had a traffic ticket three years ago."

Iginla said he's also willing to forgive his new teammate for the incident.

"He made a very bad decision," Iginla said. "I assure you if he could take that back, he'd take that back. I do believe in second chances."

Now, Bertuzzi is hoping to put his past behind him and reunite with coach Mike Keenan, who helped him emerge as an offensive threat with the Canucks.

"Mike basically gave me my kick-start in Vancouver," Bertuzzi said. "Obviously, it's been well documented that a lot of my success has come from him and how he played me and how he used me."



Tribe swaps Sabathia to Brewers

TRADE The Milwaukee Brewers officially acquired pitcher C.C. Sabathia from the Cleveland Indians Monday for four players.

The reigning American League Cy Young Award winner was exchanged for a package that includes the Brewers top prospect, left fielder Matt LaPorta, and pitchers Zach Jackson and Rob Bryson along with a player to be named later.

Sabathia has a record of 6-8 with a 3.83 earned run average this season, but is 6-5

with a 2.16 mark since April 22. Last season, the lefty went 19-7 with a 3.21 ERA while pitching a

league-high 241 innings to capture the Cy Young Award. "C.C. is one of the top pitchers in the game today," said Brewers general manager Doug Melvin. "His addition to the starting rota-

tion will be a major key in helping the team reach its ultimate goal of going to the postseason and beyond."

The 27-year-old left-hander will become a free agent at the end of the season and already had turned down a contract extension to stay in Cleveland.

Milwaukee (49-39) is currently tied with St. Louis for second place in the NL Central and sits 3 1/2 games behind the Chicago Cubs for first.



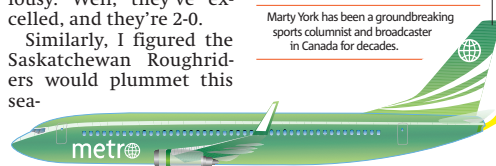
C.C. Sabathia

Sports in brief

SIGNING The Toronto Maple Leafs signed restricted free agent forward Matt Stajan to a two-year contract yesterday. Per club policy, terms of the deal were not disclosed.

MLB The Atlanta Braves recalled outfielder Jeff Francoeur from Double-A Mississippi yesterday.

NHL The Philadelphia Flyers and general manager Paul Holmgren agreed to a three-year contract extension through the 2011-12 season yesterday. **METRO NEWS SERVICES**



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Former Saint Mary's athletic director Susan Nattrass is going to the sixth Olympic Games of her career. The Edmonton native has competed in trapshooting for three decades and was one of four Canadians nominated yesterday for Beijing. **METRO HALIFAX**

No juniors for Halifax

City loses to Saskatchewan in bid to host 2010 games

MATTHEW WUEST
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When Halifax hosted the 2003 world junior hockey championship, it achieved record profits of \$3.68 million.

Regina and Saskatoon guaranteed more than triple that, and as a result, will host the popular event in 2010.

Hockey Canada selected the Saskatchewan bid yesterday over Halifax-Moncton and a Manitoba bid from Winnipeg and Brandon. The selection committee couldn't ignore a guaranteed profit of \$12.5 million, among other factors.

"You're always disappointed to lose the opportunity to bring world championship to the city, but obviously Saskatoon and Regina had a very good bid guarantee of \$12.5 million," Trade Centre Ltd. president and CEO Fred MacGillivray said. "That's something that we in Halifax could not achieve."

Guaranteed profit has risen sharply since Halifax and Sydney shattered attendance record with total crowds of 242,173. Vancouver guaranteed \$5.2 million in profit in 2006 and drew a total attendance of 325,138, while Ottawa has promised \$12.5 million for next year's world junior.

The 2010 WJC will be staged in the 11,330-seat Credit Union Centre in Saskatoon and the 7,000-



Trade Centre Ltd. president and CEO Fred MacGillivray said Halifax was unable to match the Saskatchewan bid's profit guarantee.

seat Brandt Centre in Regina. Attendance is projected at more than 300,000.

MacGillivray would not reveal the profit guarantee from his bid, but said "I assure you it wasn't \$12.5 million."

Saskatoon and Regina received more than \$5 million in government and business support and promised \$53 million in facility upgrades for the two main venues.

The breakdown of net

profits is 50 per cent to Hockey Canada; 35 per cent to the Canadian Hockey League; and 15 per cent to the host committee, the Saskatchewan Hockey Association and the 12 member branches of Hockey Canada.

"We had three outstanding bids to choose from and all three candidates would have been great hosts," Hockey Canada president Bob Nicholson said in a press release. "But at the end of the process, we are

very confident Saskatchewan will deliver an outstanding event."

Halifax has hosted three major hockey events in the past six years. Aside from the 2003 world junior, the 2004 world women's set attendance records, while the world men's in May combined with Quebec City to draw crowds that stand third all-time.

"Halifax is fortunate that we've had the privilege to host world championships," MacGillivray said. "We did a great job putting together the bid and we're pleased."

Although no other International Ice Hockey Federation events are on the horizon for Halifax, MacGillivray is excited about several world-class championships that are on the way.

Next year will see the world sprint canoe-kayak championships and the world laser radial championships hosted in the Halifax area, while Nova Scotia will host the 2011 Canada Games. There is also a possibility the 2010 Brier Canadian men's curling championship will be hosted at the Metro Centre.

"We're continuously in the business of pursuing opportunities for major national and international events, and Halifax will win its share in the future," MacGillivray said.

Canada has won four straight gold medals at the world junior, a streak that follows a seven-year gold drought.

Power makes it six Olympians

MATTHEW WUEST
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Shortly after Adrienne Power qualified for the Olympics, she started to think about what she had accomplished.

The East Jeddore sprinter was named late Sunday night to Canada's track and field team for the Beijing Games, swelling Nova Scotia's Olympic count to six.

"Pretty much every kid on the planet has a pair of sneakers ... Kenyans run in their bare feet ... Everybody that could be a track and field athlete is found," Power said. "To make it (to the Olympics) in this sport is wild, and to be one of six members from Nova Scotia ... I'm ecstatic. It's so cool."

The 26-year-old earned an Olympic spot in the 200 metres with a breakthrough summer. It started in Utah, where she reached the Olympic A standard in May, and continued in Ottawa, where she hit the B standard three times in June.

It culminated on Sunday in Windsor, Ont., where she captured gold in 23.09 seconds — nine-hundredths of a second shy of the A standard — at the national championships.

"I was only two-hundredths of a second off the A standard in my heat and I was just running re-

Bluenose Olympians

OLYMPIC ATHLETES (6)

Oliver Bone, Halifax (sailing)
Tracy Cameron, Shubenacadie (rowing);
Karen Furneaux, Waverley (kayak); Adrienne Power, East Jeddore (track); Lisa Ross, Lunenburg (sailing); Andrew Russell, Dartmouth (canoe).

OLYMPIC COACHES (2)

Lazlo (Csom) Latorovszki, Waverley (canoe-kayak); Brian Todd, Glen Haven (sailing).

PARALYMPIC ATHLETES (4)

Paul Tingley, Halifax (sailing); Chelsey Gotell, Antigonish (swimming); Devin Gotell, Antigonish (swimming); Ian Kent, Eastern Passage (table tennis).

laxed," Power said. "In the final, I geared up too early, but I had zero wind and I ran 23.09. If I had any wind, I would have run the A standard."

The former Dalhousie Tigers star returned home last night and will compete at the Aileen Meagher meet at Huskies Stadium on Friday. Later in the summer, she will attend Canada's two-week camp in Japan before heading to Beijing.

"I'm super confident," she said. "I'm in excellent position and I'm ready to go back and train and take it to the next level."

Kikuchi secures conditional Olympic spot

MATTHEW WUEST
matthew.wuest@metronews.ca

GYMNASTICS David Kikuchi has secured a conditional spot on Canada's artistic gymnastics team for the Beijing Olympics.

The Fall River standout suffered an elbow injury at the final selection trials this past week in Calgary, but the coaching staff told him last night he will be on the team if he can do full routines at the team's next camp starting July 17.

"If I can show that I am fit to do my routines, then I will be on the team," Kikuchi told Metro Halifax in an e-mail.

"I think this is fair, because I think I have shown that if I am healthy, I am a good help

to the team."

Kikuchi said he injured his elbow on the rings at the beginning of the trials.

At one point, he said he "couldn't really do anything" on his arm.

He was forced to sit out numerous routines.

The 28-year-old has a little more than a week to get healthy and show he is ready to represent Canada in Beijing.

Kikuchi, who attended the Athens Games four years ago, is presently on the team with Olympic champion Kyle Shewfelt, Brandon O'Neill, Nathan Gafuik, Adam Wong and Grant Golding.

He would be replaced by Ken Ikeda, the first alternate, if his elbow injury prevents him from competing.



Fall River's David Kikuchi has been granted a conditional spot in the Beijing Olympics if he can recover from an elbow injury.

Sports in brief

HOCKEY After three years in the East Coast Hockey League, former Halifax Mooseheads forward Francois-Pierre Guenette is trying his luck overseas. Guenette, who was let go by the St. Louis Blues earlier this summer, will join former Mooseheads teammate Daniel Sparre with SG Pontebba of Italy's top league. He had 50 points in 71 games with the

Alaska Aces last season.

HOCKEY Former Halifax Mooseheads blue-liner Carlyle Lewis of Middleton has signed with the Coventry Blaze of the United Kingdom-based Elite Ice Hockey League. He spent last season with the Belfast Giants of the same league. Lewis has 1,803 penalty minutes in pro nine seasons.

METRO HALIFAX

SCOREBOARD

MLB	NATIONAL LEAGUE	CFL
YESTERDAY'S RESULTS	Houston at Pittsburgh, 8:05 St. Louis at Philadelphia, 8:05 San Francisco at N.Y. Mets, 8:10 Arizona at Washington, 8:10 Colorado at Milwaukee, 9:05 Cincinnati at Chicago Cubs, 9:05 Seattle at Oakland Florida at San Diego, 11:05	EAST DIVISION W L T PTS Montreal 2 0 0 4 Hamilton 1 1 0 2 Toronto 1 1 0 2 Winnipeg 0 2 0 0
NATIONAL LEAGUE	Atlanta at L.A. Dodgers, 11:10	WEST DIVISION W L T GB Saskatchewan 2 0 0 4 Calgary 1 1 0 2 Edmonton 1 1 0 2 B.C. 0 2 0 0
AL BATTING LEADERS	AL BATTING LEADERS	THURSDAY'S GAMES
Minnesota at Boston, 8:05 Tampa Bay at N.Y. Yankees, 8:05 Cleveland at Detroit, 8:05 Baltimore at Toronto, 8:07 L.A. Angels at Texas, 9:05 Chicago W. Sox at Kansas City, 9:10 Seattle at Oakland, 11:05	Name, team AB R H AVG Kinsler Tex .365 79 121 .332 Mauer Min .280 54 91 .325 H.Matsui NYY .251 37 81 .323 A.Rodriguez NYY .254 52 82 .323 Bradley Tex .256 52 82 .320	Calgary at Montreal, 8 Toronto at Edmonton, 11 FRIDAY'S GAME B.C. at Winnipeg, 9 SATURDAY'S GAME Saskatchewan at Hamilton, 5
	NL BATTING LEADERS	
	Name, team AB R H AVG Clones Atl .278 54 108 .388 Pujols StL .263 45 92 .350 Berkman Hou .315 74 110 .349 Holliday Col .286 49 98 .343 Nady Pch .274 41 88 .321	

Networking explained.

When networking, smile, make eye contact, introduce yourself and let people know what you do. WWW.AURORACHAMBER.ON.CA

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Learning Curve

Raise your profile

Networking most effective way to find work: Experts

BRIAN TOWIE
Metro Canada



Joseph recently graduated and was having trouble finding work. He turns to his friend Alex for help. Alex's girlfriend, Elaine, says Joseph sounds like a nice fit for the position her bosses just opened.

Elaine puts in the good word for Joseph and soon enough her bosses want to interview him. They can't agree on a suitable interview time, and before Joseph gets his chance, Elaine's bosses find their perfect candidate and hire her. Bad luck, but not uncommon.

Feeling slighted and passed over, Joseph sends a terse, 3,000-word email to Elaine's bosses, haranguing them for treating him so unfairly. They forward the message to Elaine and tell her in no uncertain terms that "her friend" acted incredibly unprofessionally. As a result of his actions, Joseph has now lost two contacts and has

blackened his name in his desired industry before he's even begun.

Joseph's harrowing story serves as an example of how networking can backfire if you don't know what to do and if you underestimate its importance. Katharine Hansen, creative director of Quintessential Careers and author of *A Foot In The Door: Networking Your Way Into The Hidden Job Market*, says employers hide 75 to 95 per cent of job vacancies from the average job seeker.

"You can find out about these jobs only through word of mouth, and that means networking," says the former speechwriter for Betty Castor, the first woman ever elected to the Florida State cabinet. "Study after study shows that networking is the most effective way to get a job."

So, how do you go about it? You certainly don't want to follow Joseph's sterling example, and the pros mention a few other techniques that will leave you out in the cold as well. Don't ever ask for a

"When you are considering entering or changing to a certain career, it just makes sense to talk to people in that field, yet most people never do."

Katharine Hansen

job flat out, says Hansen. Instead, ask for advice and referrals to other potential contacts. She advises you should never fail to show your appreciation for such help, no matter how small, and always look for an opportunity to return the favour.

Colette Robicheau, a networking instructor for her Halifax-based company Organize Anything, values quality over quantity. Passing cards out en masse won't get you noticed any faster. "It's not a collection of handshakes and it's not about throwing your card around as much as possible," she says. Draft a wish list of key companies for whom you want to work, and get involved. Volunteering at industry specific functions raises your profile, and opens up a wealth of opportunities.

"Employers will say, 'They're working this hard now. How much better will they be if we pay them?'" she said. "Why not get entrenched?"

When striking up a conversation with a potential employer or contact, do not monopolize their time, says Patrick Sullivan, president of

Workopolis. Don't do all the talking, either: Stay brief and listen to what the contact tells you as opposed to promoting yourself shamelessly. You never know what sort of usable information might surface, and "always try to get at least one more name besides them before you leave any conversation," he said.

Standing out from the crowd defines networking, experts agree, and any way to show an employer you can go above and beyond — without imposing and seeming desperate, of course — serves a two-fold purpose: It builds your reputation before you've even begun and it educates you about the industry.

"When you are considering entering or changing to a certain career, it just makes all kinds of sense to talk to people in that field, yet most people never do," said Hansen. "They trust their professors, textbooks, or romantic notions about professions gleaned from TV or movies. When you really think about it, you miss out on an incredible opportunity if you fail to research your career field by talking to people in it."

If you act unprofessionally, don't be surprised if no one will return your calls.



Networking can backfire — especially if you send a rude e-mail because a potential employer hasn't gotten back to you right away.



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RSVP etiquette.
If you are invited to an event, RSVP as soon as you can. It shows you're eager to meet potential contacts. WWW.PLANETFRIENDLY.NET

Online networks have benefits

Way to keep in touch and share information — such as job postings — with others

SANDY CAETANO
Metro Canada



With the hectic lives people are leading today, it's become almost impossible to keep in touch with people. That's where social networking comes in.

Whether you're a student or fresh out of school, social networks such as Facebook, MySpace, Twitter, Pownce, Flickr and the rest have become a godsend for everyone to stay in contact with each other. Friends can easily flag jobs for you, and former professors or teachers can also let you know of any career opportunities.

And though these sites are perfect to stay connected, others, such as LinkedIn, Monster and Workopolis, are more focused on the professional side of things.

"For many, it is a way to keep in touch and share information with friends and family — even if they live

in different geographic locations," says Parham Aarabi, professor of Electrical and Computer Engineering and Canada Research Chair in Internet Video, Audio, and Image Search at the University of Toronto. "For others, like those on Workopolis, Monster and LinkedIn, it is a way of building professional networks of contacts, which may serve useful down the road in someone's career."

Various studies, such as the one done by Christine Greenhow from the University of Minnesota, suggest students using social networking sites are practicing the kinds of 21st-century skills we want them to develop. But Aarabi says it's unclear how they do this.

"It is not clear how much these sites help with technical skills and communication skills for the members, but they do help them in building personal and professional networks, which is essential for most



Online social networks help people to stay connected, even once they're out of school.

careers in today's day and age," says Aarabi.

James Cullin, Multimedia Design Production Technician Program Co-ordinator at Humber College, agrees with Aarabi, adding that though these platforms may not teach students anything in terms

of tech skills, they do encourage a more relaxed form of communication.

"I think the key benefit from a job hunt perspective is that social networking platforms allow students to more easily keep in touch with their classmates after they graduate,"

says Cullin. "So in that regard, they enhance the prospect of getting a job through a friend."

It seems that the most important thing social networks offer anyone is how to build contacts and as the old saying goes, "it's not what you know, but

who you know."

"In today's world it is a bit of both, you need to have the skills and to know the right people to succeed in the job market," says Casey Solomon, third-year public relations student at Humber College. "Being part of a social networking site, or having a large social network will help you find out information through word of mouth."

When it comes down to looking for a job, the more research and contacts you have the better. So yes, social networks do come in handy to a certain degree.

"They are helpful in giving students and graduates a sense of some of the jobs that are available," says Thomas Klassen, associate professor, Department of Political Science and School of Public Policy and Administration, York University. "But the sites are just a starting point; applying only to jobs on these sites is a low probability strategy."

LEARN from HOME

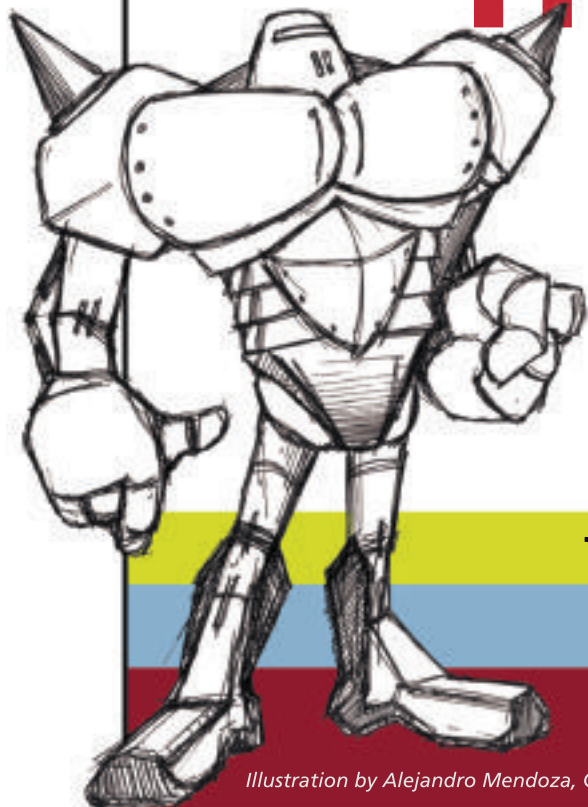


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Researchers found students who used social networking sites learned and used skills related to communication.

Appraising Facebook

Site offers strong educational benefits, study suggests

RAFAEL BRUSILOV
for Metro Canada

If you've ever skipped class to update your Facebook profile you can feel a bit vindicated knowing that you're probably learning a few valuable skills along the way.

A new study released by the University of Minnesota suggests use of online social networking sites such as Facebook and MySpace can have strong educational benefits for students.

Christine Greenhow, a researcher from the university who led the study, said researchers found stu-

dents using social networking sites learned and used skills related to communication, collaboration, creativity, knowledge synthesis and critical thinking — all valuable skills to have in today's world.

"We wanted to see what students were actually doing on these sites and what we found was they were developing the kinds of core competencies we want them to develop in today's digital age," Greenhow said.

Greenhow also suggests such sites can help students become better digital citizens by learning how to avoid online abuse and fraud, be safe and responsible and report ha-

"Students who use these technologies in their school years will potentially be at an advantage."

Christine Greenhow

rassment in the digital world. It's all part of making students not only competent with important technologies but eager to use them as well.

"We want students to have a positive attitude to using technology in their lives — we don't want them to be afraid of using it," Greenhow said.

Liss Jeffrey, director of the McLuhan Global Research Network at the University of Toronto, says the study shows that the educational benefits of the writing and communicating students do on social networking sites shouldn't be ignored.

"We should encourage media literacy and I do think that this study says,

'Let's not write off these sites,'" Jeffrey said.

As proof that such technologies are no longer child's play, many companies have already adopted and converted them for use in the business world. Instant-messaging software is popular as a communication tool at many offices, and an increasing number of employers are experimenting with their own Facebook-style networks to aid in teamwork and collaboration.

The bottom line is the skills kids learn on social networking sites are often directly transferrable to the real world — something Greenhow says gives kids who master those skills a leg up on the competition in the job market.

"Students who use these technologies in their school years will potentially be at an advantage when they join the workforce where these technologies are already in place," Greenhow said.

about Facebook

Facebook has more than 80 million active users, is the 6th most trafficked website and the second-most trafficked social media site in the world. There are more than 55,000 regional, work-related, collegiate and high school networks. At more than 14 million photos updated on the site daily, it is the number one photo sharing application on the web.

SOURCE: FACEBOOK.COM

Children love to learn at theatre, arts programs in the city

School might be the last thing on a kid's mind this summer, but that's no reason why parents can't creep a little education into their son's or daughter's vacation.

"This is one of those sneaky forms of learning," said Shannon Power. "It seems more fun than a classroom, but parents still appreciate their kids are learning new things."

Power is the co-ordinator of the kid's art and theatre camp program at Alderney Landing, one of a number of summer programs in Halifax designed to keep kids mentally agile on those breaks from school.

summer arts options

ALDERNEY LANDING: The next kid's theatre camps take place July 14 through 18 and July 28 through Aug. 1. Art camp runs July 21 through 25. For more information, visit www.alderneylanding.com.

ART GALLERY OF NOVA SCOTIA: The gallery holds weekly art classes taught by local artists. More information is available at www.artgalleryofnovascotia.ca.

NEPTUNE THEATRE: There are 44 one-to two-week long courses presented through to the end of August. A full list is online at www.neptunetheatre.com.

Alderney Landing alternates between a week of art camp and a week of theatre camp. The camps include everything from mask-making to the circus arts and improv, and there is a presentation at the

end of each day.

"The kids love getting their hand and meet the other kids, because it's easy to interact with other kids that have the same interest at you," Power said.

The Art Gallery of Nova Scotia is also helping youth play with their creative energies this summer. It holds weekly classes where practising artists teach youth everything from puppetry to photography.

"Next week they will make a cardboard pinhole camera," educational assistant Enrique Ferreol said. "Children get to experience the gallery with an artist for a whole week."

"It's a way for us to show kid's the gallery as a fun option. You can go to the movie theatre, you can go to the amusement

park, but a lot of people aren't aware of how fun the gallery can be."

Neptune Theatre is also trying to broaden the cultural interests of young Haligonians with its summer camps. Classes range in everything from Dr. Seuss stories to clowning, and hip hop to Hogwarts School of Wizardry.

"Are slogan is that there is a part for everyone," said the theatre school's Charlie Rhindress. "There is a real sense of fun about the whole thing. Kids love to pretend."

"It is something different than they would get at school."

METRO HALIFAX



Students get to express themselves creatively at Alderney Landing's summer art camp for kids.

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Opening doors for ex-students

Profs can help graduates seeking work

VERONICA BOODHAN
for Metro Canada



Students hoping to cut all ties with their professors, right after they graduate might want to think again.

Professors who keep in contact with their students are providing more opportunities to help them with their careers. While some students may only wish to communicate with a professor for a job reference, opportunities such as internships and job openings are becoming more available.

Lisa Chambers, director of the Centre for Community Partnerships at the University of Toronto, encourages this open communication.

"Students should always want to connect [with professors], so they are not

just another face in a lecture hall," she says.

The Centre for Community Partnerships helps provide students with Service Learning, an opportunity to gain work experience and get involved with the community. According to Chambers, it has allowed professors and students to work closely, when trying to find work-related opportunities.

"Professors have said [Service Learning] provides a chance for them to stay communicated with students," Chambers says.

Many programs with co-op components allow students to communicate with their professors more frequently, when working together to find internships. But the benefits of keeping in contact with professors may exist in any program.

"Students should always want to connect [with professors] so they are not just another face in a lecture hall."

Lisa Chambers

Amy Thurlow, professor and chair of the public relations program at Mount Saint Vincent University in Halifax, keeps in contact with an average of 50 to 60 per cent of her students, right after they graduate. This communication has allowed her to help open career doors for some students.

"Employers contact me about job opportunities and [students] who keep in contact with me get into that," said Thurlow.



With e-mail, it is even easier to keep in touch with your former professors, experts say.

In all programs, professors often maintain a network of people who are already in the work-field. Students may gain access to this network by simply keeping in contact with their professors.

Many professors including Jeff Roach, corporate communications professor at Seneca College, prefer to

keep e-mail communication with students.

"[E-mail] is a great invention for instant communication. It sets everything up so there is no phone tag," said Roach.

As e-mail is a growing form of communication, it makes it even easier for students to keep in contact with professors.

While some benefits may only be experienced after one has graduated, students may want to try staying in contact with professors while they are still in school.

"It can be useful for students in their career and in terms of [creating] their own network," said Thurlow.



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Alumni events not to be missed

Maintaining contact with fellow grads can be emotionally, professionally valuable

BRIAN TOWIE
Metro Canada



I never made much of an effort to keep in touch with my alma mater, York University's Glendon College Campus, though it is a fantastic place to learn and grow, and I look back on it very fondly.

During my halcyon days at the small liberal arts school, I encountered a great deal of students poignantly described by my girlfriend as "Haight-Ashbury fascists" — a type of acoustic guitar-wielding, hemp necklace-wearing sophist who berates you for not signing their petition supporting whatever the cause célèbre happened to be that particular week; and then in a fit of ill-gotten gusto unleashes vain, self-indulgent poetry in the school paper like a bonobo pitching its paw-paw-laden leavings.

Anyway, I persevered, got my degree, and ignored the invites to meet with my fellow grads. But

"There's an element of enlightened self-interest to staying in touch with an alumni organization."

James Allan of York U

in doing so, I might have missed out on some wonderful experiences and relationships with the people I kept as friends, say officials for various alumni organizations. Maintaining contact with your fellow grads can be both emotionally enriching and professionally lucrative, they claim, but here in Canada it's not an attitude that's fostered enough.

"There's a school pride in the U.S. that isn't consistent in this country," says Catherine Bagnell Styles, associate vice-president of external relations at the University of Calgary. "We're more brash in the sense that we tend to focus on the future, but our time at school should be looked on as some of the best

years of our lives. You can share a sincere connection because you shared the same experiences."

Bagnell Styles adds those who graduated with you may be in professions in which you're looking to either enter or advance.

"From a networking perspective, there are many career opportunities," she said. "Many of those who graduated with you may have had the same major, and are now in positions that may enhance the career you want to pursue."

Factor in the notoriety your school gets through the work of its grads, says James Allan, director of York University's alumni office. It works both ways: The more successful the alumnus, the higher profile the institution enjoys, along with those who have just completed terms there and are now seeking employment.

"There's an element of enlightened self-interest to staying in touch with an alumni organization," Allan said. "You're part of the reputation of your school

and what you do determines whether it rises or falls. The greater the reputation of the school, the more value your degree will have."

There is, however, the argument against being true to your school — backed up by universities and colleges inundating exasperated grads with mail offering them their chance to give back, usual-

ly financially, to the institution that armed them with lessons for both their careers and personal lives. A recent graduate of the University of Toronto's Scarborough Campus says it's distasteful when schools charging exorbitant prices for tuition, housing and the like rattle their tin cups among their former students.

"I chose not to receive

e-mail from my university as I do find it somewhat annoying," says Neil (last name withheld by request). "On several occasions I have also been solicited over the phone to make donations to the university. Being that everything in university from the parking fees to the merchandise is ostensibly over-priced, I feel I have already made my donation."



There can be many career opportunities at alumni events, experts suggest.

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The Ceilidh Tour will pull into the Music Room on July 31. The tour is led by singer Andrew McFayden, who is releasing his second selection of Gaelic-language songs. **METRO**

Entertainment



Sociable!

Details about the second annual Halifax Seaport Beerfest and the inaugural Brewmaster's Dinner will be announced tomorrow morning.

Telling the story of 'lonely' houses

DEAN LISK
dean.lisk@metronews.ca



Her initial impression of the abandoned house — and she is not a hokey person, Sandy Caines insists — was energy.

"My instructor was with me and he also felt it," said the photographer. "I told him I wasn't afraid of ghosts. It was exciting. I was really excited and apprehensive to get going and be able to tell the story."

She still knows little about the owners of abandoned home she was photographing, but she was able to get sense of the building's history — through the skates, sheet music, and furniture left behind.

"I always love abandoned houses, so I was really excited about it," said Caines, who is exhibiting



DEAN LISK/METRO HALIFAX

Sandy Caines photographs objects in old homes the way she finds them.

photographs taken that day, and of other deserted buildings, in a show at Viewpoint Gallery.

Caines began her exploration of abandoned homes while she was attending a photography workshop in Shampers Bluff, N.B. As an assignment, she was asked to photograph a derelict home near the inn where she was staying.

"The first time I went in there, I fell in love with the

If you go

What: **Remnants**, photographs by Sandy Caines
Where: **Viewpoint Gallery**
When: **Through Aug. 3**

house and the remnants that you see inside the house," said Caines, who had to walk through a field of blue lupines to gain access to the site.

For the show at Viewpoint, Caines has created montages of the images taken from that day, as well as pictures from visits to similar structures across the region.

Her photo of sheet music has been melded with the pebbled texture of a glass window; weather-worn walls with a portrait in a house.

"I try to pick images that will tell part of the story of each house," Caines said. "They seem so lonely, and they call out to me. I want to tell their story."

"And, perhaps preserve their history before they disappear all together."

See the seedy side

Tour offers an unpolished look at Halifax

DEAN LISK
dean.lisk@metronews.ca



It isn't your squeaky-clean Harbour Hopper version of Halifax history.

"It is the dark side of Halifax," said Aaron Legge. "It is a side of history that piques people's interest, but is not the polished side that most people are proud to share with others."

He is the operations manager of Heritage Explorers, a local business which is giving a unique tour of the city — one which focuses on its seedy side.

"I think there is a lot of history in Halifax that people like to gloss over," said Legge, who began offering the tour this summer. "There are stories that people don't want to talk about, but play an important role in our city."

A former Maritime Museum of the Atlantic employee, Legge was inspired by his interest in life at sea to create this tour. It focuses on the life of sailors, prostitutes and soldiers.

The tour is set in pre-Confederation Halifax, at a time when merchant vessels were travelling the British Empire and selling their goods. It is led by a typical sailor from the time, Jack Tar.

"The basis of the tour is that these modern folks, in their fancy clothes, would never survive in Jack's Halifax, so he is going to keep them safe for the afternoon and show them around."

It starts with a harbour tour aboard the tall ship Liana's Ransom — where guests are first introduced to Jack — and then includes a walk through downtown Halifax, where



Sailor Jack Tar (actor Garry Williams), from left, prostitute Megs Reilly (Kristi Anderson), and ruffian Ted Irwin (Steve Heisler) are among the characters on Heritage Explorers' tour of Halifax.

Going public?

Big plans for Tar tour

Right now, the Jack Tar tour is only given to corporate and organized travel groups. Plans are underway to create a public version. Visit www.heritageexplorers.com.

he points out the sites of murders, brothels and infamous events.

The tour — it can last four or five hours — also

stops at current-era pubs.

Actors, dressed in costume, are embedded at stops along the way, and will start to tell their stories to the tour group. They are based on research done on real people who lived in the city.

"This is a continuation of that Halifax is still a sailor's city, is still a city by the sea," Legge said. "After dark, downtown Halifax still becomes a very different place."

Entertainment in brief

JAZZ PARADE Spring Garden Road will take on a Mardi Gras feel on Saturday when performers with the Atlantic Jazz Festival take to the street. Spring Garden Road will be closed at noon for the parade, which will run from Victoria Park to the jazz festival tent on Queen Street. The parade, featuring large puppets and musicians, will run from 1 p.m. to 2 p.m.

DEAN LISK

PRODUCTION DOWN Film productions in Nova Scotia dipped below \$100 million last year for the first time in a decade. Revenue generated during the 2007-08 film period was \$76 million, according to Film Nova Scotia. The agency said initiatives are underway to help the industry rebound, including an increased tax credit announced last year, and improved infrastructure.

DEAN LISK

THEATRE Canadian actor Clive Walton, who appeared in the IFC series *The Business*, will play journalist David Frost in Neptune Theatre's production of *Frost/Nixon* this October. The role of Richard Nixon will be played by Jim Meezon, who appeared in Neptune's production of *Copenhagen*. For more information, visit www.neptunetheatre.com.

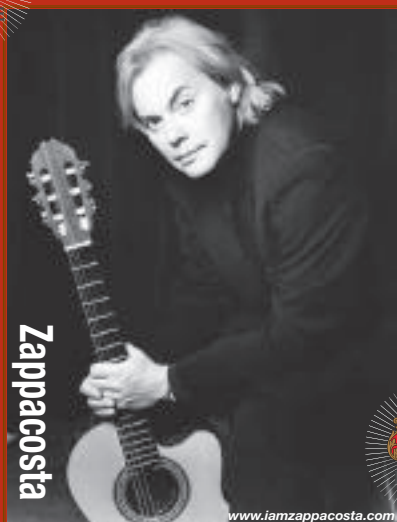
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Broken Legs

Opera star Dame Joan Sutherland has broken both her legs after a fall in the garden of her home in Switzerland.

METRO

Polaris list unveiled

Plants And Animals, Holy F—k up for prestigious music prize

BRYAN BORZYKOWSKI
music@metronews.ca



Electro-pop rocker Caribou, hip-hop artist Shad and popular indie act The Weakerthans were among the artists shortlisted yesterday for this year's Polaris Music Prize.

Like the Mercury Prize in the U.K., the \$20,000 Polaris honours the year's best Canadian album as voted on by a jury of 178 music journalists — past winners include Final Fantasy and Patrick Watson.

"It's a strong list as always," says Steve Jordan, the Polaris Prize's executive director. "This year points to a lot of the reasons why the whole world is getting into this stuff."

The winner will be announced at an awards show in September. Here's a quick look at the 10 artists who made the shortlist:

Black Mountain, In The Future:

If your radio is permanently set to classic rock, this Vancouver psych-rock act is for you. Their second disc is loaded with heavy riffs, Led Zepelin-like wails, and Black Sabbath infused bombast. **Basia Bulat, Oh My Darling:** You can't go wrong with sweet, folk songwriting, but this London singer-songwriter offers more than that. Her debut disc is loaded with easygoing indie pop numbers, perfect for a summer drive to the cottage.

Caribou, Andorra: Dan Snaith might not be living in the Great White North anymore — he calls London, England home — but his electronica-meets-Beach Boys pop tunes are still beloved by indie-loving Canucks.

Kathleen Edwards, Asking For Flowers: The buzz has been building around this



Montreal-based band **Plants and Animals**, right, which features Haligonian's Warren Spicer and Matthew "Woody" Woodley, has been shortlisted for the Polaris Music Prize. Other local nominees include Charlottetown's **Two Hours Traffic** for its album *Little Jabs*, and Toronto-based **Holy F—k**, which got its start in Yarmouth. Ottawa-based singer-songwriter Kathleen Edwards, above, is also nominated.

songstress for years and it's easy to see why. Her third disc includes everything from low-key hooks and distorted guitar blasts to gut wrenching lyrics about a murdered Toronto 20-something.

Holy F—k, LP: Their name might be controversial, but you can't argue over this Toronto band's talent. The foursome is famous for frenetically twisting knobs, pounding keyboards and pushing buttons to achieve some of the best distorted dance music around.

Plants and Animals, Parc Avenue: They might share a label with last year's Polaris Prize winner, but that's where the similarities end. This trio's debut delves deep into jammy, classic rock territory, complete with harmonies, solos and hooks.



Shad, The Old Price: While it's a shame more hip-hop didn't make the shortlist, Shad's sophomore disc is definitely deserving of the prize. Stocked with infectious rhymes and brilliant beats, Shad isn't afraid to get serious about the traumas of Canadian life.

Stars, In Our Bedroom After The War: Stars' fourth release is the dreamiest record on the list. While the lush, complex arrangements alone should garner these guys a few points, the

boy-girl harmonies might put them over the edge.

Two Hours Traffic, Little Jabs: This Joel Plaskett-produced Halifax foursome play catchy, road-trip approved rock 'n' roll, ideal for a jaunt across Canada.

The Weakerthans, Reunion Tour: These Winnipeggers are known to many — their poetic lyrics and accessible sounds have fans around the world — so it won't be a shock if their introspective new disc takes the crown.

Bon Jovi nears end of Lost Highway

Things are starting to get "a little bit" sentimental around the Bon Jovi camp as the New Jersey rockers enter the home stretch of their 2007-08 world tour, according to guitarist Richie Sambora.

Bon Jovi kicked off a final North American leg Sunday in Sarnia, Ont., and will finish with two shows at New York's Madison Square Garden on July 14-15. Bon Jovi will also play the Major League Baseball All-Star Game concert on July 12 in New York's Central Park.

By the time it wraps the Lost Highway tour will have played to an estimated 966,000 fans worldwide since it began last October in New Jersey. The tour promoted the 2007 album *Lost Highway* which was Bon Jovi's first No. 1 debut on The Billboard 200 and has sold more than 3.5 million copies worldwide, according to Universal.

"Each tour is the end of an era and it's an end of a journey," Sambora told Billboard.com. "The journey starts out with Jon (Bon Jovi) and I sitting in the room with a couple of pieces of paper and a pen and a guitar, and the songs start the whole thing. And it ends up in the studio with the band and then on the promotional tour ... and then the fun part, taking it to the people. So this'll be the end."

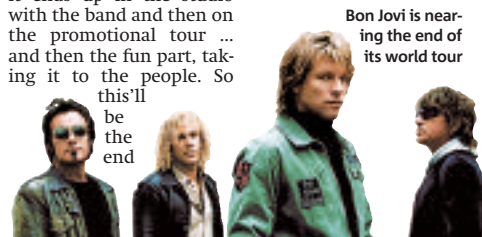
of the Lost Highway era — and the beginning of a new one, absolutely."

Bon Jovi is starting to plot its next moves, too. One project in the offing is a documentary commemorating the band's 25 years. Oscar-winning filmmaker Barbara Kopple (American Dream, Harlan County, USA) has been on the road with the band this year. There's also talk of a second greatest hits album, for which Bon Jovi might record some new songs.

"I'm not quite sure where to go — Is it Greatest Hits, Vol. 2 or is it time for a solo record — or is it time to walk away?" says Bon Jovi, who will also be focusing on the Philadelphia Soul of the Arena Football League team he co-owns with Sambora. "I don't know what it'll be yet. I'm thinking about it but not thinking about it, y'know? I'm still too caught up in this touring process to think."

Sambora, meanwhile, says he'd be surprised if there's much time away from Bon Jovi. "We need to take a little bit of a breather and decompress, and then we'll get back together and see what's going on."

REUTERS



Bon Jovi is nearing the end of its world tour

people

Clinton on tap for Costello talk show

TV Former U.S. president and saxophonist Bill Clinton will be featured in an episode of the new Elvis Costello-hosted talk/music series set to air on CTV.

Clinton, Lou Reed, Tony Bennett and Elton John are the subjects of the first four episodes of *Spectacle: Elvis Costello With ...*, which will debut on Dec. 3. Clinton will not perform

on the sax during his one-on-one session with Costello, but will instead talk about how music shaped his early career aspirations and White House tenure.

Clinton and Elton John, whose company is among the show's producers, have collaborated extensively on AIDS fundraising, prompting the former president's involvement.

REUTERS

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Doug Riley Tribute Jam

Yo! Jazz

Lionsgate Entertainment has announced an innovative distribution and publishing agreement with indie label Narnack Records. Under the deal, which sources say is the first of its kind, Lionsgate will handle the physical and digital distribution of the Narnack catalogue and will administer the publishing rights to all of the label's new releases and some of its catalogue. **REUTERS**

Back to reality for Ozzy?

HALLO AND WELCOME (mumble mumble) THE OSBOURNES GRAULAGRRRAH SHOW ROCK AND ROOOOOLLLLLL After basically revolutionizing reality TV, Ozzy Osbourne and his family dispersed into various TV ventures such as Project Catwalk, America's Got Talent and Jack Osbourne: Adrenaline Junkie, but they're getting back together next year for a revival of the variety show concept that attracted interest from all four

Intellevision



rick.mcginis@metronews.ca

networks when it was announced a month ago. According to a TV Week story, FremantleMedia North American — the people behind Idol, among many others — have got-

ten a six-episode commitment from Fox for the show.

"We've been talking about how to renew the variety show concept and make it feel new for years now," Fox reality TV svengali told Variety, who added that the network hopes to launch the show with a Christmas special.

Variety speculated that the show will "blend musical perfs by the Osbournes and others with comedy sketches as well as gameshow, audience participation and out-of-studio taped elements.

One idea being kicked around is for a segment dubbed The Osbournes Meet the Osbournes, in which Ozzy and Co. spend

ing to Paranoid on headphones when I was 13.

YOU WISH, BUDDY:

Simon Cowell, who knows that you've got to stay in the news at all costs, told ShowbizSpy.com that Paramount is interested in a movie about his life, and that he wants Brad Pitt to play him. "It's believable!" Cowell said, no doubt insisting on the exclamation mark.

Oddly enough, his fantasy hasn't extended so far as to knowing whether he'd do a cameo in said film.

Rick McGinnis writes about music, movies, books and television, but not opera.

Ex-Idol contestants Young, Lewis, take indie route

Arguably the biggest asset that American Idol grants is exposure. Contestants go from unknown hopefuls to household names in a matter of weeks, and with that comes pressure to remain in the spotlight by rushing to release an album after the show airs.

But for every Chris Daughtry there are several LaToya Londons and

Paris Bennetts, whose quick-turnaround post-Idol album debuts slip quietly under the radar.

This summer finds two more former contestants, Season 5's Ace Young and Season 3's Jon Peter Lewis, ready to step out with new releases.

To their benefit or detriment, it has been a couple of years or more

since their time on the show, and both opted to go the independent, rather than the major-label, route.

Young and songwriter-producer Desmond Child split the costs of making his self-titled debut, due July 15 via Pazzo Music through Fontana/Universal. Lewis hooked up with executive producer Don



Young

Grierson and will release Break the Silence July 22 via his own Cockaroo Records through Adrenaline Music Group.

"(Young and Lewis) took

a huge step to be in control of their records," says My Rocket Science director of digital media Alicia Yaffe, who is working with both artists.

And while this allowed them creative control with little label interference, they face the challenge of getting that music heard.

Reuters

	H	D	B	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
7/8/08	31	31	31	ABC	News (N)	ABC News	Inside	Chronicle	Wipeout (N)	Survived-Game	Primetime	
	7	7	7	ASN	Twice in a Lifetime	Fortune	Jeopardy!	Celebrity Family Feud	America's Got Talent	Without		
	11	11	11	CBC	Coronatin	Just-Gags	Mercur	22 Min	The Tudors	National	Stampede	
	2	2	2	CBC-F	Providence (SC)	Des sguel	Tout	Beautés désespérées	France	France	Téléjournal	
	32	32	32	CBS	News (N)	CBS News	Insider	Entertain	NCIS (HDTV)	48 Hours Mystery	Without	
	69	69	69	CFTM	TVA 18h	Sûr-salé	Rénovation	Kmh	Caméra	La Grande Évasion	TVA 22h	
	6	6	6	CHIF	Entertain	ET	Shark	Wipeout (N)	In Plain Sight	News (N)	News (N)	
	9	9	9	CJCH	eTalk	Jeopardy!	Canadian Idol	The Moment of Truth	Law & Order: SVU	News (N)	News (N)	
	10	10	10	ELTV	(6) EastLink Television			Podium TV	EastLink Television			
	36	36	36	FOX	Simpsons	King-Hill	Two Men	Two Men	The Moment of Truth	Heil's Kitchen	Fox First	
primetime	12	12	12	NBC	News (N)	NBC News	Hollywood	Extra (N)	Celebrity Family Feud	America's Got Talent	Law SVU	
	29	29	29	NW	BBC News	Business	News (N)	Mansbridge	The Hour (N)	National	China	
	4	4	4	PBS-B	News-Lehrer	Business	Boston	One Nova	Nova (DVS)	Wide Angle (N)	Frontline	
	35	35	35	PBS-D	News-Lehrer	Business	BBC News	The Princess Bride (1987, Adventure)			Wide	
	68	68	68	TQS	Simpson	Flash	Le golf	U-571 ** (2000, Suspense), Bill Paxton			110 p c	
	23	23	23	BNN	Stars	Business News	Market	Workopol	Lululess	Squeeze Play	Market	
	18	18	18	CNN	The Situation Room		Lou Dobbs Tonight	CNN Election Center	Larry King Live	Cooper	Cooper	
	54	54	54	GOLF	The Turn	PGA Tour	Quest	Road Trip	Gulbis	GolfCentri	Big Break: Ka'anapali	Big Break
	52	52	52	RSE	Prime Time Sports		FullTiltPoker.net	World Combat	Best-Sports	Best-Sports	Sportsnet	
	55	55	55	SCOR	Drive This	Game On	Schwab	Schwab	EPL Retro	Football Factories	Update	
news	45	45	45	SPD	Unique Whips		Pinks	Pass Time	Prelude to the Dream: One Epic Race		Sup Bikes	
	53	53	53	TSN	Off-Record	Sports	MLB Baseball Baltimore Orioles at Toronto Blue Jays				Sports	
	43	43	43	FAM	Zoey 101	Life Derek	So Raven	Smart Guy	Suite Life	Sadie	Montana	School
	44	44	44	TOON	Teen	Johnny T	George	Melodies	Loonatics	6teen	Total Dra	Futurama
	26	26	26	BTE	Fil	Backyard	Ni Hao	Night Grdn	Wiggles	Franklin	Little Bear	Spider
	27	27	27	TRV	Drake	Genie	Malcolm	Prank Ptrl	Fries	Futurama	Prank Ptrl	Mystery
	16	16	16	A&E	The First 48		The First 48		The First 48		The First 48 (N)	CSI: Miami
	70	70	70	APTN	First Talk	News	Wilp	La Course	Regards	Presser	Guides	Tears
	50	50	50	BET	106 & Park: BET's Top 10 Live		The Boot		The Salon ** (2005, Comedy)			Baldwin
	37	37	37	BRVO	Street Legal	Bazart	Videos	Sounds Like Motown	Road to Baleya	Psychic	Evidence	Rehearsal
sports	60	60	60	CLT	Help TV		The West Wing	Killer Next Door	Beyond Chance	Reba	Hope	Home Imp.
	25	25	25	CMT	Chevy Cross Canada Countdown							Comedy
	49	49	49	COR	Laughs	Comics!	Air Farce	22 Min	Laughs	Corner	Simpsons	S. Park
	153	153	153	COURT	Missing Link				The Practice		True Crime	Investi
	38	38	38	DISC	What's That About?		Daily Planet (N)	How-Made	How-Made	Smash Lab	Deadliest	Stagers
	34	34	34	HCTV	Homes on Homes		House	Property	Dirty Bus	Outside	Colin-Justin	NCIS
	46	46	46	HIST	Disasters	Mastermd	NCIS "Witness"		Digging for the Truth		Finding the Fallen	Instant
	17	17	17	MM	Punk'd	Gone Wild	So You Think You Can Dance		You Can Dance		Classic Albums	Hogan
	19	19	19	MMM	Profile	mmmtop10.com	Uncovered	Listed				
	201	201	201	MTN	(6:30) Accepted		Barney: The Original Party Animals				Shrek the Third ** (2007)	
family	48	48	48	OLN	Don't Forget		Departures		Cycling Tour de France Stage 4. (N)			
	51	51	51	PEACH	Friends	Seinfeld	Fam. Guy	Fam. Guy	John Q ** (2002, Drama)	Denzel Washington		
	206	206	206	PIX	(6) The Score				(6:15) The Nature of Nicholas (2002)	Thunderbolt and Lightfoot		
	67	67	67	RDI	RDI en direct (SC)		Actualité	400 fois	Grands reportages	Le Téléjournal (SC)	Actualité	
	39	39	39	SHOW	Trailer	Billable	ReGenesis	Blue Murder	Trailer	Kenny	CSI: NY	
	40	40	40	SPACE	Three Takes		End Leash	Debt Part	Dead	In Laws	Shrek Genius	Plastic
	47	47	47	SLICE	Relic Hunter		Star Trek: Voyager	Blood Ties "Bugged"			Battlestar	CSI
	14	14	14	SPIKE	CSI: Crime Scn		CSI: Crime Scn		CSI: Crime Scn		CSI: Crime Scn	Tonight
	98	98	98	STAR	eTalk	Star Treat	Look Like	Hollywood	TMZ	eTalk	Staying Young	What Not
	21	21	21	TLC	What Not to Wear		The Singing Office		What Not to Wear		What Not to Wear	Seinfeld
cable variety	56	56	56	34	TROP	Tube	Vanity	That News	ET	What	Fam. Guy	Seinfeld
	20	20	20	TV5	Champion	J'mai FR2	Toute une histoire		Nature		Prophète	Alice
	28	28	28	V	Mysterious Ways		Will-Grace	Friends	Eyes	On the	Quantum Leap	Joz-H
	22	22	22	W	Shopping	House	My Wife	Jim	Maxed	Style Jury	Kim	Naked
	251	251	251	WGN	My Wife	Jim	Two Men	Fam. Guy	Beauty and the Geek	Reaper (HDTV)	News	

critics'corner

Hell's Kitchen

The slicing and dicing — not to mention the sweating and swearing — come to an end with the season finale of the reality series.

One last challenge will determine which of the contestants who started the show has the right stuff — as determined by tart-tongued host Gordon Ramsay — to run a restaurant. 10 PM on FOX



The Nature of Nicholas

Strange hallucinations plague a 12-year-old boy discovering his sexuality in this surreal 2002 drama. Jeff Sutton stars as the titular youngster, who after planting an impulsive kiss on his best friend, Bobby (David Turnbull), watches in horror as the latter splits into twin beings. There's also Nicholas' dad (Tom McCamus), who's dead but manages to turn up in the weirdest places. Ardit Hoxall and Robert Huculak play Nicholas' mom and potential stepdad. 11:10 AM on PIX

NCIS

A bloody message makes this case a bloody mess for the NCIS team. A young sailor is found dead in an abandoned building in a seedy neighborhood. The team and the local police initially suspect a drug overdose until Abby (Pauley Perrette) uncovers something written in blood on a mysterious card found at the scene. Tony (Michael Weatherly) makes a personal connection with one of the cops on the case in "Friends and Lovers." 9 PM on CBS

Sounds Like Motown

Martha Reeves of "and the Vandellas" fame agreed to perform Motown music with a group of Victoria high-school students, and this documentary follows the process of getting Reeves and the kids together. Motown isn't the type of music that springs to mind when teenagers are asked to name their favorite genres, but these B.C. kids know what they like. 9 PM on BRVO

DVD picks

Batman Begins: Limited Edition

Director: **Christopher Nolan**

Stars: **Christian Bale, Michael Caine, Katie Holmes**

Rating: **PG**

Grade: **●●●●●**



CHRISTOPHER NOLAN'S

2005 rethink of the Batman franchise, released in standard and Blu-ray DVDs to mark the impending arrival of The Dark Knight sequel, is as much a salvage job as a celebration of the comic book legend. The series had run its course, having been driven into the ground by Joel Schumacher's camp travesty Batman & Robin a few years earlier. Nolan returns to the story's exceedingly dark roots by way of this crackling good prequel, which springs from childhood fears and adult recriminations. The few action scenes he does give us are good ones that are integral to the story, not just tacked on for gratuitous violence. Batman Begins has almost too many stars: Michael Caine, Liam Neeson, Morgan Freeman, Tim Roth, Katie Holmes, Tom Wilkinson and Gillian Murphy support Bale as either heroes or villains, and the temptation to showboat must have been high. There is very little in the way of examining the thought process behind the series revamp — no commentary from Nolan for example. But it does offer a peek at The Dark Knight, including the first six minutes of the film on the Blu-ray disc.

Torstar News Service

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Volunteer work

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Health



Pamper yourself

After a hard workout, why not pamper yourself? Check out Sea Spa Upper Canada luxury products, including a sea salt soak and replenishing body lotion. Prices range from \$10-\$25. For more, visit www.uppercanadaspa.com. METRO NEWS SERVICES

Longer lashes

Glaucoma treatment's beauty side effect

Goodbye mascara.

One day soon you could have longer, thicker, darker eyelashes thanks to a drug called bimatoprost, which is now used to treat glaucoma and happens to have a happy side effect — extreme lash growth.

Only one problem. The drug, at least as it's used to treat glaucoma, has another possible cosmetic effect — raccoon eyes, or darkening of the skin around the eyes.

Hello concealer.

Allergan, the California-based maker of Botox, announced it will seek approval from the U.S. Food and Drug Administration to market bimatoprost — which it's been selling in eyedrop form to glaucoma sufferers under the label Lumigan for years — as a treatment to stimulate eye-

"We are pleased with the results of our clinical program and believe this innovative program, if approved, could meet a significant and unmet demand."

Scott Whitcup,
Allergan

lash growth.

The lash-lengthening drug could be available as early as 2009 in the U.S., though Allergan has not said it intends to seek approval in Canada.

The company tested bimatoprost's cosmetic benefits in a 2007 trial that included par-

ticipants in San Diego and Vancouver, though it won't discuss the results, beyond a news release that was issued earlier this month.

"We are pleased with the results of our clinical program and believe this innovative program, if approved, could meet a significant and unmet demand in the medical aesthetic marketplace," Scott Whitcup, Allergan's executive vice-president of research and development, said in the release.

The company won't say how the product is applied, whether side effects were reported, what it will cost or how dramatic the results of the trial were.

"For proprietary reasons, until published, we are not providing any more detail around the clinical program,"



California-based Allergan will seek approval from the U.S. Food and Drug Administration to market bimatoprost, used for glaucoma, as a treatment to stimulate eyelash growth.

Heather Katt, Allergan's manager of corporate communications, wrote in an email last week. In other words, the company doesn't want to give away trade secrets.

In addition to being an effective glaucoma drug, Lumigan has dramatic cosmetic effects, confirms a local doctor who specializes in glaucoma and has prescribed it to

treat the eye disease.

"It certainly causes eyelashes to grow," says Dr. Graham Trope, a professor of ophthalmology at the University of Toronto and a specialist in the treatment of glaucoma. "It can be quite profound. It doesn't occur in everybody, but does occur in many."

A Phoenix-based optometrist who specializes in

geriatric glaucoma and prescribes the drug to aging patients says it even has the power to regrow lashes that fell out long ago.

"It doesn't matter how old, or whether it's a man or a woman," says Dr. Shannon Steinhauser, describing the bimatoprost-boosted lashes as "longer, thicker and darker."

TORSTAR NEWS SERVICE

Family vacations and personal sanity don't always go hand in hand

HineSight

Anne Hines



Today, I'm packing for our annual family vacation. To be honest, "family vacation" seems a contradiction in terms: much like "too much coffee" or "leisure activity" or

"delicious soy beverage." There's an old saying, "Friends are God's way of making up for your family." Family vacations often leave me muttering, "Yeah well, it's not enough."

I love my family. I just don't always love being with my family. I am not one of those people who think that families are people who push all your buttons.

Real family, I'm convinced, are the ones who push your buttons, hold them down and slap a piece of duct tape over

them.

If one of our family loses a job, divorces, or comes out as gay or transgender — we have shared all these things, some more than once — the rest rally round and support each other, no question. But on a day-to-day basis, we bicker. We argue. We have difficulty always seeing life from the other's perspective.

We share a problem that is common to many family groups — we're human.

Over the years, I've learned how to balance

those two precious things in life that don't always seem to go hand in hand: family relationships and personal sanity. Simple methods. Patience. Understanding. Call display.

When it comes to family vacations, one coping strategy is to focus on the upsides.

For instance, anyone who has trouble channeling their inner child can spend many years in expensive, in-depth therapy, or they can attend a family gathering. With family, no one ever progresses past

seven years old. No matter how mature or sophisticated I think I've become, my brother, Bruce, has only to say, "Remember the time Anne set fire to the dining room table?" and I'm reduced to, "Mom! Bruce is teeeeeeasing meeee!"

Self-help books can also be useful. Basically, these authors give the same advice as your mother, without finishing off with, "And if you'd sat up straight at the table this wouldn't be happening." It makes all the difference.

One book I read suggest-

ed that families who share a common dream get along better. My brothers and sisters do this: We each dream of being an only child.

In the end, the best we can hope for from time with relations is that after the squabbles and misunderstandings, we're still together. And perhaps, when it comes to family, that's just perfect.

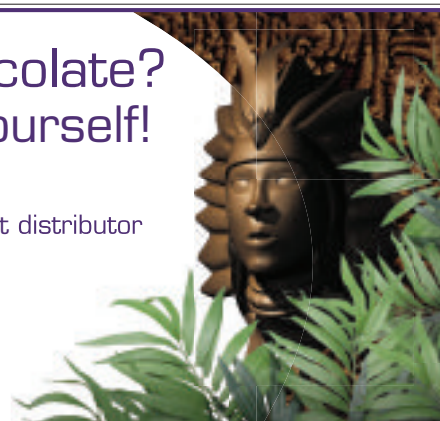
Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.

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Fight Nicole Richie was reportedly removed from Las Vegas' Hard Rock Hotel and Casino on the weekend after fighting with a fellow reveller while waiting in line for the valet outside the hotel following a night of rowdy partying. FEMALEFIRST.CO.UK

Celebrity Buzz

Kidman, Urban have baby girl

BIRTH Nicole Kidman and her husband, Keith Urban, have welcomed their first child together, a daughter named Sunday Rose Kidman Urban, born yesterday morning in Nashville, People.com reports.

"Husband Keith was by Nicole's side, and mother and baby are very well," said spokesman Paul Freundlich, who added the couple were "delighted" to make the announcement. He also said the baby girl weighed 6 lbs., 7.5 oz.

The pregnancy was first announced in January. Kidman

has two other children with her former husband Tom Cruise: Isabella, 15, and Connor, 13. In the days leading up to the birth, the couple — who celebrated their second wedding anniversary on June 25 — didn't stray from their normal routine in and around Nashville, where they reside in a gated community.

From early morning stops at a local Starbucks for warm drinks to a little sweat at the gym later in the day (Kidman was a regular at spin and yoga classes during her pregnancy), the couple remained low-key.

"She's never been happier and healthier," says a close family friend.

METRO NEWS SERVICES

Streep slams male stars for having plastic surgery

BEAUTY Veteran actress Meryl Streep has hit out at male stars who have plastic surgery in a bid to retain their youthful looks — insisting they should give up and "embrace getting older," imdb.com reports.

The 59-year-old claims she has always resisted the temptation to go under the knife, but is worried about the growing number of actors who are looking to surgeons for a helping hand with their appearance.

She says, "You'd be amazed how many men in the industry have gone down that road. I don't get it. I think you have to embrace getting older and celebrate life."

Streep insists she is actually more secure in her work now that she is no longer considered a Hollywood beauty. **METRO NEWS SERVICES**



celebrity brief

Thurman learns never say never

MARRIAGE Uma Thurman is learning never say never. After her two divorces from Gary Oldman and Ethan Hawke, the Kill Bill star swore she'd never marry again, people.com reports. In her first interview since her engagement to multimillionaire Arpad "Arki" Busson was announced, Thurman tells the U.K.'s



Sunday Times Style magazine she's happy to go back on her word. "I'm going to have to retract my statement of never. I'll have to eat my words."

METRO NEWS SERVICES



Alba wants to be laid-back mom

PARENTING New mom Jessica Alba, who gave birth to her first child last month, is considering how she and husband Cash Warren will influence their daughter, people.com reports. "Kids' personalities have so much to do with the parents," she told Britain's Sunday Express. "If you're very paranoid and uptight ... they are going to take on that anxiety. If you're a little more laid-back ... you'll probably have an easier time with them. I guess I'll find out."

METRO NEWS SERVICES

celebrity brief

Rodriguez's wife files for divorce

SPLITTING UP The estranged wife of all-world Yankee star Alex Rodriguez filed for divorce Monday in Miami, seeking to dissolve their five-and-a-half-year union, people.com reports. "The marriage of the parties is irretrievably broken because of the husband's extra-marital affairs and other marital misconduct," Cynthia Rodriguez's petition reads, adding that the slugger had "emotionally abandoned

his wife and children." While citing numerous alleged infidelities committed by the baseball superstar, Cynthia did not specifically mention Madonna in court papers after a week of media reports suggesting the Queen of Pop and Rodriguez may have carried on an illicit affair.

METRO NEWS SERVICES



Carrey tries on girlfriend's suit

BEACH WEAR Jim Carrey stunned beach-goers in California by wearing his girlfriend Jenny McCarthy's bathing suit while celebrating the 4th of July holiday, imdb.com reports. The couple was photographed strolling along a beach in Malibu — with the former Playmate wearing a plunging black swimsuit. But moments later, the 45-year-old fun-



METRO NEWS SERVICES



Cohen back to prankster movies

FILM Sacha Baron Cohen claimed his first victim for his new prankster movie — setting up an Israeli analyst, Yossi Alpher, for an outrageous interview on the Middle East conflict, imdb.com reports. Cohen lured the public into appearing in his hit 2006 Borat: Cultural Learnings Of America For Make Benefit Glorious Nation Of Kazakhstan. His new film will feature Bruno, an Austrian fashion journalist.

METRO NEWS SERVICES

Anderson says she may marry again

PEOPLE Pregnant actress Gillian Anderson hasn't let her two failed unions put her off the idea of marriage, femalefirst.co.uk reports. The X-Files star wed Clyde Klotz, a production designer on the hit sci-fi show, in 1994 — but they divorced in 1997. She then married businessman Julian Ozzanne in 2004, but the couple split two years later.

She admits it is "weird" to be a double divorcee by the age of 39 and said: "I can actually say the words 'my second



husband' and that is so weird. I don't feel like I'm old enough (to have two failed marriages). And it didn't work twice, so is marriage in and of itself part of my downfall? I liked that feeling initially. It felt

wonderful and solid and wholesome. But you can only live for the moment and, based on the information that you have, do your best."

While Anderson is not ready to head back down the aisle with current beau Mark Griffiths just yet, she admits she may, one day, be ready to tie the knot again — and she may even be the one asking.

Anderson and Griffiths are expecting their second baby later this year. They are already parents to 20-month-old son Oscar, and Anderson has a 13-year-old daughter, Piper, from her first marriage to Klotz. **METRO NEWS SERVICES**

Baldwin wins small victory in horse-drawn carriage campaign

NEW YORK Alec Baldwin has persuaded New York City officials to reconsider placing a ban on New York's famous horse-drawn carriage trade, imdb.com reports.

The native New Yorker appeared at a People for the Ethical Treatment of Animals (PETA) event just last month to campaign against the industry.

He believes the frantic streets of New York are no place for nervous animals to haul around heavy carriages.

City officials

have confirmed seven accidents and two traffic-related horse deaths have resulted from the carriage trade in the last three years. Brooklyn Councilman Tony Avella

told the New York Post: "My first inclination was to try to find a way to do a better job. But I (now see) that... to make a profit, there's no way for them to treat the horses properly." Baldwin joins Pretenders singer Chrissie Hynde and pop star Pink, who have both campaigned for PETA against horse-drawn carriages.

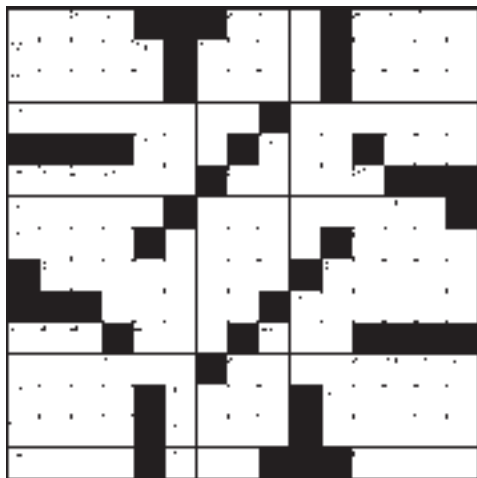


METRO NEWS SERVICES

A note from a piece by a US composer is to be played this weekend in a German town in what has been called the world's slowest and longest concert. The performance began in 2000 and is scheduled to last a total of 639 years. **BBC NEWS ONLINE**



Take Five



Crossword down

- 1 Hi-tech junk mail
- 2 Met role
- 3 Sidekicks
- 4 Bad mood
- 5 Mr. Flintstone
- 6 Oxygen source
- 7 Greatheartedness
- 8 Luau strings
- 9 Delicate blossoms
- 10 Mountain pass
- 11 Aquarium denizen
- 13 Followed orders
- 14 Those people
- 20 Awesome, dude!
- 22 Mexican lad
- 24 Lutz alternatives
- 26 Dawdle
- 27 Clapton or Seavard
- 28 Pulpit
- 29 Laments loudly
- 30 Harsh chemicals
- 31 Small flies
- 33 Column type
- 34 Pate de foie —
- 35 Threshold
- 37 Senator, maybe
- 39 Ginger —
- 41 Hatcher or Garr
- 42 UFO shape
- 44 Sweetie-pie
- 45 Mooch
- 46 Hippie's money
- 47 Parboil
- 49 Make a motion picture of
- 51 Cafeteria item
- 52 Long spear
- 53 Henri's aits
- 54 Thrash
- 55 Harrow rival
- 56 Soup-can flaw
- 59 — you kidding?

Crossword across

- 1 Drains
- 5 Kind of club
- 8 Coffee makers
- 12 Mover's challenge
- 14 Small combo
- 15 Flake
- 16 Wing it (hyph.)
- 17 Mint or cumin
- 18 This, in Barcelona
- 19 Learned well
- 21 Antenna user
- 23 Orange veggie
- 24 "The Greatest"
- 25 Yon maiden
- 26 Dripped
- 30 Hacking
- 32 Wanted-poster word
- 33 Cube grabbers (2 wds.)
- 36 Jeer at
- 37 Napkin
- 38 Moffo solo
- 40 Argues
- 42 Kiosk
- 43 Long-distance haulers
- 44 Headache
- 45 NBC rival
- 48 Transport for Sinbad
- 49 Piniella of baseball
- 50 Cold place
- 52 Scribbled in
- 57 Honey
- 58 Wet weather
- 60 Make happy
- 61 Big party
- 62 Havens
- 63 Spy mission
- 64 Vortex
- 65 Casual wear
- 66 On its way

950,000

Metro readers do it daily!



Do it daily.
SOURCE: NADbank 2007, read yesterday;
BASE: Montreal CMA, Ottawa-Gatineau CMA,
Toronto CMA, Vancouver CMA

previous day's answer



This day in history

JULY 8, 1776: The Declaration of Independence was read aloud in Philadelphia, Pennsylvania.

JULY 8, 1822: Chippewas turn over huge tract of land in Ontario to the United Kingdom.

JULY 8, 1892: St. John's, Newfoundland was devastated in the Great Fire of 1892.

JULY 8, 1947: Reports are broadcast that a UFO has crash landed in Roswell, New Mexico.

Horoscopes

AVATAR VENUS

ARIES

MARCH 21-APRIL 20

Sarcasm from a stranger will be surprising. Something hidden is brought into the light. Take your diet into account if you're unwell.

TAURUS

APRIL 21-MAY 21

A mysterious ailment disappears when your love life improves. You'll see eye-to-eye with a practical person. Keep things in line at home.

GEMINI

MAY 22-JUNE 21

Three people will visit and have an effect. Taking it easy will be difficult. Useless reminders need to be disregarded.

CANCER

JUNE 22-JULY 22

Younger people are causing frustration. A down-to-earth project will get the go-ahead. An adversary tries to climb to the top.

LEO

JULY 23-AUG 23

A romantic woman loathes company. A misunderstanding works in your favour. An associate finally makes good on a promise.

VIRGO

AUG 24-SEPT 22

A buddy is excited by odd behaviour. An honest man will meet with decision-makers. Maintain silence about travel arrangements.

LIBRA

SEPT 23-OCT 23

You must accept an anxiety-producing challenge. An emotional block causes a delay in plans. A message puts you on "Romance Alert."

SCORPIO

OCT 24-NOV 22

A skin condition will clear up on its own. Emotions will run wild if anyone is given free rein. A blonde wants more money.

SAGITTARIUS

NOV 23-DEC 21

The focus is on being emotionally fulfilled. Don't be selfish but insist on getting respect. A hunch can create havoc.

CAPRICORN

DEC 22-JAN 20

A phone call has serious consequences. You can refuse to be frightened. Consideration will come your way later on.

AQUARIUS

JAN 21-FEB 18

A depressing weight gain starts to dissolve. You can aid in reducing somebody's misery. A sincere compliment reveals too much.

PISCES

FEB 19-MAR 20

Avoid wearing someone down with complaints. The winds of change will distress someone. A friend's indifference is resented.

Sudoku

INSTRUCTIONS:

The digits 1 through 9 will appear exactly once in each row, each column, and each zone. (A zone is an outlined 3x3 grid within the larger puzzle grid. There are nine of these zones in the puzzle.) Do not enter a digit into a box if it already appears elsewhere in the same 3x3 zone, or in the same row across the puzzle, or column down the puzzle.

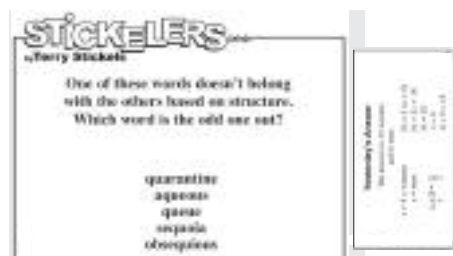
previous day's answer

5	6	9	4	7	3	2	8	1
4	7	8	1	2	9	5	6	3
2	3	1	8	6	5	7	9	4
6	1	7	5	9	2	3	4	8
8	5	2	3	4	6	1	7	9
3	9	4	7	1	8	6	5	2
1	8	5	9	3	7	4	2	6
7	2	3	6	8	4	9	1	5
9	4	6	2	5	1	8	3	7

SOLVE TIME IN MINUTES:

Under 13 Genius
13-17 Scholar
17-21 Smart

21-25 Not bad
25+ Keep practicing



		6		1	7	2		
2	4		8		9			
	7	5		3		6		
5	6			2		9		8
	3						7	
9		7		5			2	4
		9		4		8	5	
			1		8		6	2
		8	3	7		4		

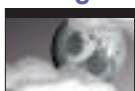
Halifax weather

Afternoon



Mainly sunny.
30°

Tonight



Variable.
17°

Wednesday



Variable.
28° / 19°

Thursday



Partly sunny.
25° / 17°



Sunny.
24° / 14°

Temperature
Normals
High: 21.7°
Low: 12.4°

Records
High: 30°/1944
Low: 7.8°/1948

Sunrise: 5:37 a.m.
Sunset: 9:00 p.m.
Moonrise: 12:08 p.m.
Moonset: 11:55 p.m.



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